



**American Legion Nat'l Commander
To Visit Morrisette Post - Page 2**

**Quincy College Celebrates
'Pathmaker' Graduates - Page 3**



*****CRL0T 0147D**C004
THOMAS CRANE LIBRARY
40 WASHINGTON ST
QUINCY MA 02269-5304
P1 S0 B3

The Quincy Sun

Quincy's Hometown Weekly Newspaper Since 1968

VOL. 56 No. 26

Thursday, March 14, 2024

\$2.00



RUNNERS TAKE OFF at the start of the 2023 Stop the Stigma 5K race. Interfaith Social Services' annual 5K raises funds for their New Directions Counseling Center. This year's race will be held April 27 at the Kennedy Center in North Quincy.

Photo Courtesy Katelyn Fay for Interfaith Social Services

Interfaith's Stop The Stigma 5K Race Celebrating 50 Years

What started 50 years ago as a fundraising walk-a-thon to support the initiatives of Protestant Social Services Bureau (the former name of Interfaith Social Services), will kick off its

50th iteration this year on April 27 in North Quincy. Interfaith's annual event has grown from a homegrown church-sponsored walk to a full-blown 5K race welcoming more than 800 walkers

and runners annually.

In its early days, participants formed teams with their churches, and proceeds from the 10-mile walk benefitted all programs of the social service agency. As

Interfaith grew and dropped its religious affiliation, the walk was opened beyond houses of worship. In 2016, the organization decided to refocus the mission of the

Cont'd On Page 16



IN THIS ARCHIVE photo, hundreds of participants line up for the 1982 "Walk for Protestant Social Services Bureau," - the former name of Interfaith Social Services. Pictured in the white coat is then Quincy Mayor Francis X. McCauley, and to the right of him, then state Sen. Paul Harold. This year marks the 50th anniversary of Interfaith Social Services' Stop the Stigma 5K.

Photo Courtesy Interfaith Social Services Archives

Three New Fire Trucks OK'd

Council Approves \$4.3 Million For One Ladder, Two Engines; And \$450,000 For Firehouse Building Improvements

By SCOTT JACKSON

City councillors on Monday approved borrowing \$5.2 million to purchase three new fire trucks - one ladder and two engines - and upgrade firehouse to accommodate the new ap-

paratus.

Councillors passed the \$5.2 million bond in an 8-0 vote on Monday evening; Ward 4 Councillor James Devine was not present at the meeting. The bond in-

Cont'd On Page 18

Bill Would Limit Emergency Shelter Stays

By SCOTT JACKSON

A bill approved this past week by the Massachusetts House of Representatives would limit most stays in the state's emergency shelter system to nine months.

The nine-month limit for most stays in the emergency assistance (EA) system was included as part of a spending bill the House voted to

approve on March 6. The bill would also make permanent some Covid-era policies, such as cocktails to go.

In an interview two days after the House vote, Sen. John Keenan, a Quincy Democrat, said he was uncertain when the upper chamber would take up the House bill. Keenan said he

Cont'd On Page 14

Learning Center Opening This Summer

By SCOTT JACKSON

School administrators are preparing to open the Dr. Rick DeCristofaro Learning Center for programming over the summer, with classes beginning there in the fall.

Meanwhile, the School Committee could begin looking at potential options for the Amelio Della Chiesa Early Childhood Center later this spring.

The city converted the

office building at 180 Old Colony Ave. in Wollaston, a building that was once Howard Johnson's candy factory, into a school with capacity for some 350 students. Dedicated this past October, the building was named in honor of DeCristofaro, the longtime former superintendent of Quincy Public Schools who is now the president of Quincy College.

Cont'd On Page 13



Marie & Suzie St. Patrick's Day Recipes - Page 6
Feeling Depleted? Take Self-Care Challenge - Page 9
Dan Quirk To Receive McCauley Service Award - Page 17

More Quincy news:
The Quincy Sun.com

American Legion National Commander To Visit Morrisette Post

'Meet And Greet' With Commander Daniel Seehafer Friday, April 5 At Post #294

On Friday, April 5th from 3-6 p.m. The American Legion National Commander will be in town to visit the Cyril P Morrisette Post #294 for a meet and greet.

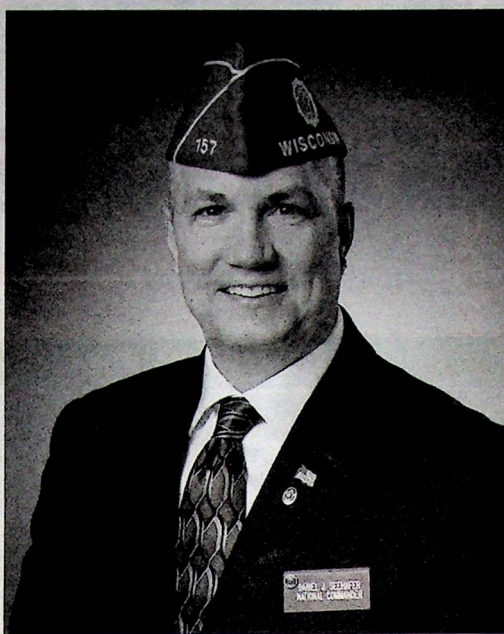
Commander Daniel J. Seehafer will be in town for his Commander's banquet that takes place in Marlboro on Saturday, April 6th. During his visit to Quincy's Morrisette Post he will meet and greet local veterans and will take pictures as needed. He will be escorted by Past National Commander John "Jake" Comer and the Department of Mass. State Commander.

"This is a great opportunity to meet the Commander in a social atmosphere," said George Bouchard, commander of the Morrisette American Legion Post.

"This is his only stop in this area, so all are welcome to join us in welcoming him to the city of Quincy and to the American Legion family and the Cyril P. Morrisette Post #294."

Commander Seehafer was elected national commander of The American Legion Aug. 31, 2023, in Charlotte, N.C. during the 104th national convention. Seehafer likes to say, "It's personal," when it comes to The American Legion's mission of serving veterans and their families. He is continuing the theme "Be the One," to prevent veteran suicide.

An ordained minister from Wisconsin, Commander Seehafer earned his American Legion eligibility through service in the U.S.



DANIEL J. SEEHAFFER
American Legion National Commander

Navy and Reserve, where he served as a military chaplain. A member of American Legion Post 157 in Horicon, Wis., Seehafer served in a number of American Legion offices at every level, including national chaplain and commander of the Department of Wisconsin.

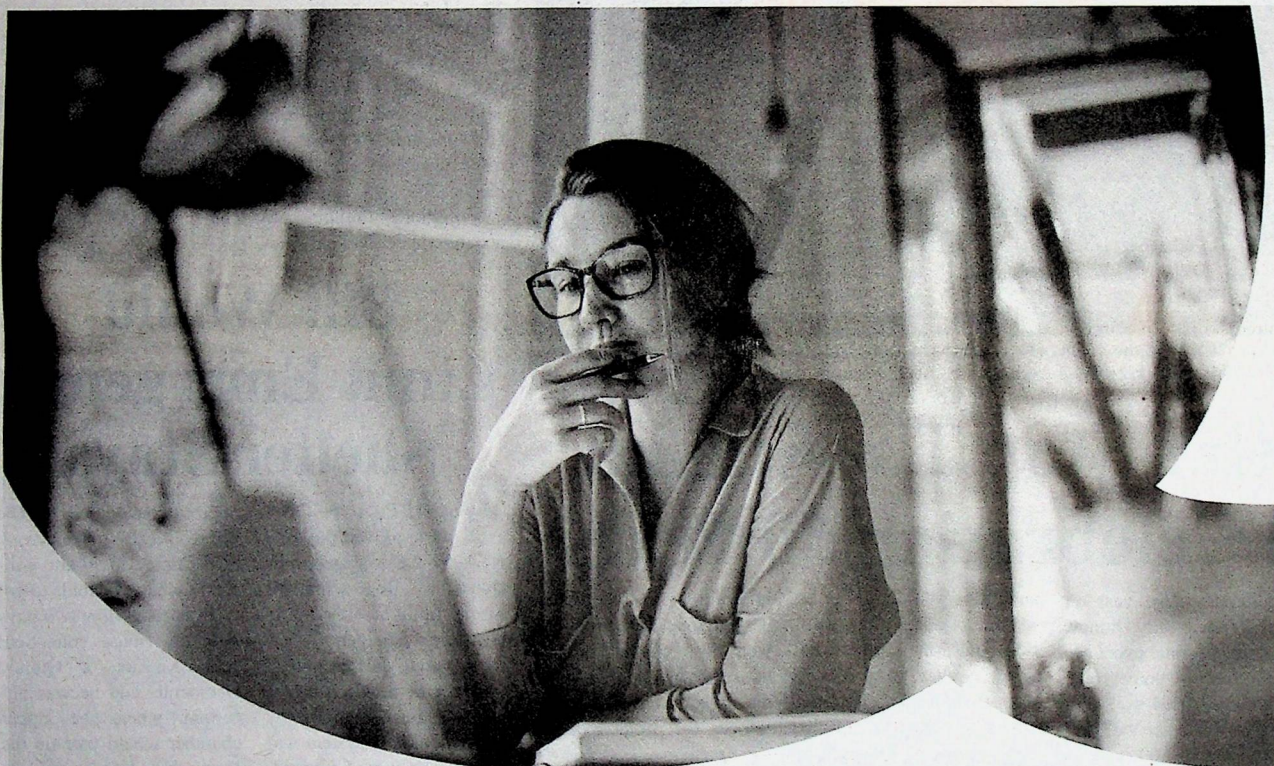
Born and raised in Merrill, Wis., he lettered in cross-country track while in high school and later received a bachelor's degree in pastoral ministry from Concordia University and a Master of Divinity at Concordia Theological Seminary in Fort Wayne, Ind.

Seehafer was installed as assistant pastor of St. Stephen Lutheran Church in Horicon in 1997 and continues to serve as administrative pastor of the church and

its school. His American Legion post was recognized for "100 percent" and "All Time High" in membership during his terms as commander and adjutant. Other honors include District Commander's New Post Achievement Award, Silver Brigade, and Post 157 Legionnaire of the Year.

In 2023, Seehafer earned an Outstanding Heroism Award for administering the Heimlich maneuver to a choking victim at an American Legion dinner.

National Commander Seehafer and his wife, Stacey, who is a member of American Legion Auxiliary Unit 157, live in Beaver Dam, Wis. Dan's son, Jacob, and daughter, Emma, are also members of the Post 157 family. Dan is the son of the late Lester Seehafer and Jean Sabatke.



Free College

For eligible Massachusetts residents.

If you're age 25 or older and thinking about starting – or returning to – college, the new **Free College program makes it easy.** It funds your tuition and fees and also provides assistance for books and supplies. And Quincy College makes it convenient.

We offer dozens of Associate's degree and certificate programs... you can take classes online or in person... and our top-notch faculty will deliver the education and training necessary to prepare you for the job you want.

There's never been a better time to experience the value of a Quincy College education.

Let's get to work.

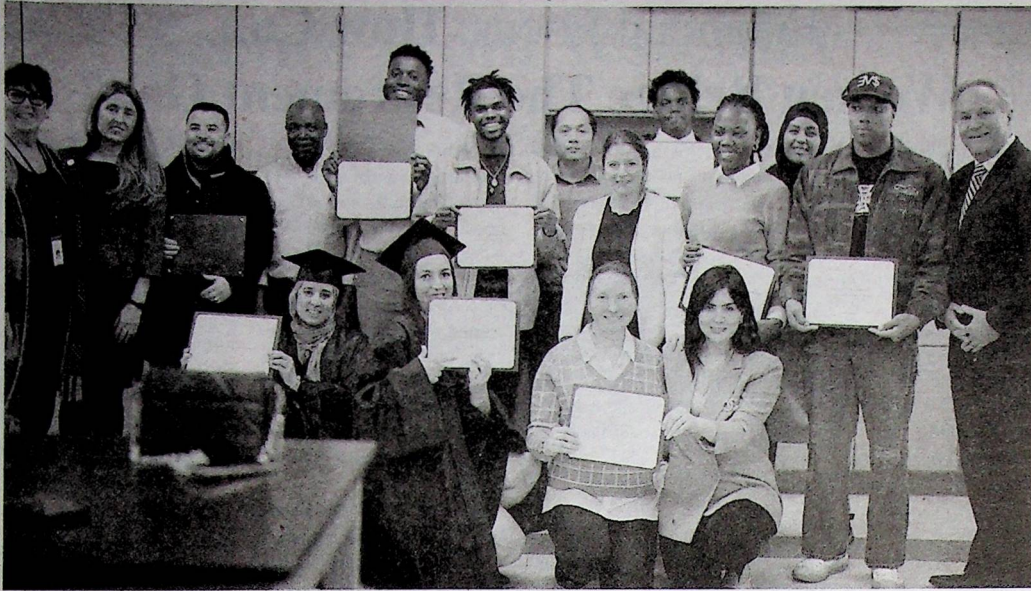
Do you qualify?

Admissions

admissions@quincycollege.edu
(617) 984-1710



QUINCY COLLEGE



THE FIRST GRADUATES of Quincy College's new Pathmaker program received certificates upon completion of fast-track training designed to prepare them for quick entry into the state's life sciences workforce. Also pictured (at far left): Karen Manning, Dean of the college's Division of Natural and Health Science; Dr. Servet Yatin, Provost and Chief Academic Officer and (fourth from left) instructor Dr. Isso Bayala; and (at far right) President Dr. Richard DeCristofaro. *Courtesy Photos*



ONE OF THE Pathmaker graduates, Olga Korepanova of Quincy, called it "such an amazing program. It gave me an opportunity to learn a lot of different skills."

QC Celebrates First Graduates Of 'Pathmaker' Program

14 Workforce Training Program Graduates Honored For Completing Curriculum

The first 14 graduates of Quincy College's new Pathmaker program – funded by a \$750,000 grant that prepares students for high-demand opportunities in Massachusetts' life sciences industry – were honored at ceremonies on March 4 for successfully completing the intensive hands-on curriculum.

"The Mass. Life Sciences Center created Pathmaker grants to support institutions like ours which are capable of fast-tracking Massachusetts residents into

life-sciences employment," said Quincy College President Dr. Richard DeCristofaro. "We're delighted to recognize this first group of Pathmaker graduates as they prepare to put their newly acquired skills to use in careers that will be professionally rewarding and personally satisfying."

The specialized Pathmaker classes consist of 14 hours of hands-on training twice a week for eight weeks; students also receive transportation reimbursement, an educational sti-

pend, a laptop computer and job-placement assistance. Pathmaker graduates have already begun interviewing for positions in the state's biotechnology and biomanufacturing workforce.

The Pathmaker program is the latest example of how, for the past decade, Quincy

College's Biotechnology and Good Manufacturing program has served as a key component of a talent pipeline that has helped produce career-ready individuals for roles in the state's life sciences industry. For the past five years, the graduation rate for both the Associate's

degree and certificate programs has been 97 percent with a job placement rate for graduates of 99 percent.

The college also has a strong commitment to facilitating more diversity, equity and inclusion (DEI) in the biotechnology and life sciences workforce.

The majority of students enrolled in the Biotechnology and Good Manufacturing program are those of color, and there has been significant growth in female and Asian students enrolling in and graduating from the program.

Community Invited To Wollaston Garden Club Meeting March 21

On Thursday, March 21st at 12:15 p.m. the Wollaston Garden Club is hosting Rebecca Warner.

Warner is an avid home gardener and has 30 years experience working toward a successful sustainable garden. Her popular 2016 book, "The Sustainable -Enough Garden," is a quintessential story of her quest to create a beautiful garden that's environmentally friendly. She will share her wisdom with us and discuss how to adjust our gardening methods to act on environmental principles while still creating eye-pleasing outdoor spaces.

The Club's programs take place at the Wollaston Congregational Church on the corner of Winthrop Avenue and Lincoln Avenue. The Club is opening this program to the Quincy community.

The Wollaston Garden Club is a member of the National Garden Clubs, Inc. and The Garden Club Federation of Massachusetts, Inc. and is a 501c3 non-profit organization dedicated to promoting the love of gardening and the conservation and beautification of our community.

NEED A LOWER RATE TO BUY A NEW HOME? WE CAN HELP!

6.75%

6.91% APR*

30-YEAR FIXED RATE MORTGAGE

NEW, LOWER MORTGAGE RATE!

GET YOUR MORTGAGE FOR LESS WITH COLONIAL FEDERAL SAVINGS BANK

Joyce & Gendreau Jewelers

Custom Designs • On-Premise Repairs
Quality Jewelry • Great Values
Over 100 Years of Honesty and Reliability
Friendly, Family Business

52 Billings Road No. Quincy
Facebook/JoyceandGendreau 617.328.0084

COLONIAL FEDERAL SAVINGS BANK

"Your neighborhood bank!"

15 Beach Street
Quincy, MA 02170

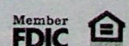
819 South Franklin Street
Holbrook, MA 02343

708 Middle Street
Weymouth, MA 02189

617-376-3500
colonialfed.com

CONTACT US TODAY!

*APR = Annual Percentage Rate. APR/Rate effective as of 2/15/24 and may change. Applies to 1-4 family owner-occupied homes. First-Time Home Buyer's maximum loan-to-value (LTV) is 90%. PMI waived with a 10% down payment. Other buyer's maximum loan-to-value (LTV) is 80%. Subject to credit approval. A 30-year loan would be repaid in 360 equal monthly principal and interest payments of \$6.49 per \$1,000 borrowed, which does not include taxes or insurance premiums, if applicable. So, your actual monthly payment will be greater. NMLS #409557.



The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$2.00 per copy newsstand • \$48 per year in Quincy
\$50 per year by mail outside Quincy • \$60 out-of-state

Phone: 617-471-3100
Fax: 617-472-3963

Subscriptions and Retail/Legal Advertising
Call 617-471-3100 or email
quincysunsubs@gmail.com
or thequincysun@verizon.net

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

The Quincy Sun assumes no financial responsibility for typographical errors in advertisements but will reprint that part of an advertisement in which the typographical error occurs.



Moments in time

THE HISTORY CHANNEL

- On **March 25, 2017**, the world's largest banana split made its debut in Innisfail, Australia. Concocted with 40,000 bananas, it stretched for an astounding 5 miles long. No word on the number of calories it contained.
- On **March 26, 1971**, East Pakistan declared its independence from Pakistan, forming Bangladesh, which started an eight-month-long war between Pakistan and the newly-formed state. As many as 3 million people lost their lives in the conflict.
- On **March 27, 1989**, the groundbreaking soap opera "Generations" aired on NBC-TV, making it the first U.S. African-American show of its kind. Focusing on the relationship between two Chicago families, one white and one Black, the series tackled difficult subjects, including sickle cell anemia, racial bias and hate crimes, but failed to find a wide audience and was canceled in 1991.
- On **March 28, 1949**, English astronomer Fred Hoyle coined the term "Big Bang" during a BBC radio interview, though he also refuted the scientific theory, remarking in a later interview with the network that "the reason why scientists like the 'big bang' is because they are overshadowed by the Book of Genesis. It is deep within the psyche of most scientists to believe in the first page of Genesis."
- On **March 29, 1984**, the city of Baltimore refused to replace its antiquated stadium, so the owner of the Baltimore Colts decided to up and leave the state. The team loaded up all their equipment into 15 trucks, moved to Indiana, and renamed themselves the Indianapolis Colts.
- On **March 30, 1842**, inhaled sulfuric ether was used as an anesthetic for the first time, by American surgeon Crawford Williamson Long, the first obstetric anesthetist, in Athens, Georgia. Long was also a cousin of Western legend Doc Holliday, and may have operated on Doc's cleft lip.
- On **March 31, 1923**, the first dance marathon took place in New York City, with dance instructor Alma Cummings setting a new record at the Audubon Ballroom by hoofing it for 27 hours with six different partners. In just three weeks, her feat would be surpassed at least nine times across the U.S.

(c) 2024 King Features Synd., Inc.

Soil nutrients

Sources:
www.elmanco.com
and
agrilifeextension.tamu.edu

Carbon, hydrogen, nitrogen, oxygen, phosphorus and potassium are the primary nutrients needed in the soil for healthy and productive plant growth. Calcium, magnesium, and sulfur are needed in lesser amounts. Boron, chlorine, copper, iron, manganese, molybdenum, and zinc are needed in trace amounts. Some plants may also need cobalt, nickel, silicon, sodium, and vanadium. — Brenda Weaver

© 2024 by King Features Syndicate, Inc. World rights reserved.

Financial Focus: How Can Women Bridge The Retirement Gap?

March 8 is International Women's Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women's challenges in achieving a secure retirement are due to several factors, including these:

- **Pay gap** — It's smaller than it once was, but a wage gap still exists between men and women. In fact, women earn, on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it's still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.

- **Longer lives** — At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.

- **Caregiving responsibilities** — Traditionally, women have done much of

the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing unpaid care is nearly \$300,000 over a lifetime, according to the U.S. Department of Labor — which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans.

Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

- **Contribute as much as possible to retirement plans.** Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren't deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough

to earn your employer's matching contribution, if one is offered, and try to boost your contributions whenever your salary goes up. If you don't have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don't have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.

- **Maximize Social Security benefits.** You can start taking Social Security at 62, but your monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse — in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.

- **Build an emergency fund.** Try to build an emergency fund containing up to six months' worth of living expenses, with the money kept in a liquid account. Having this fund available



MARIE O'RIORDAN KELLY

will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair.

It's unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Submitted by Marie O'Riordan Kelly, AAMS

Edward Jones
138 Franklin St.

Quincy, MA 02169
617-639-0327

Marie.kelly@edward-jones.com

MA House Passes Supplemental Budget

\$245M For Shelter Crisis, Temporary Reforms To Emergency Assistance Program; Makes Permanent Popular Pandemic-Era Reforms

The Massachusetts House of Representatives passed a supplemental budget March 6 that includes \$245 million to fund the Emergency Assistance program through the end of Fiscal Year 2024 (FY24) and includes a set of temporary reforms to ensure that the program is able to endure the challenging revenue conditions that Massachusetts is currently experiencing. The supplemental budget also extends or makes permanent pandemic-era reforms such as outdoor dining and cocktails to go.

"Ensuring that people exit the shelter system in a timely manner is crucial to the emergency assistance program's long-term viability. This is the current reality due to the status of the migrant crisis, the lack of federal support, the number of people on the waitlist, and the revenue challenges facing Massachusetts," said House Speaker Ronald J. Mariano (D-Quincy). "It's also critical that we ensure that folks in the shelter system receive ample support aimed at helping them to successfully enter the workforce, which is exactly what this legislation does. I want

to thank Chairman Michlewitz and Leader Peisch for working diligently to ensure that we take action to ease the strain being placed on the Commonwealth's shelter system and on our communities, and I am grateful to all my colleagues in the House for providing their input on how to tackle this urgent issue."

"Since the beginning of the migrant crisis, we have attempted to uphold the Commonwealth's right to shelter law while also being mindful of the long-term fiscal sustainability of the program. The reforms contained in this proposal will ensure that right to shelter is maintained by capping the length of stay while also refocusing the emphasis on workforce development. By concentrating on getting migrants the job skills they need while also enhancing the Commonwealth's economic output," said Rep. Aaron Michlewitz (D-Boston), Chair of the House Committee on Ways & Means. "I want to thank the Speaker, Leader Peisch, and all my colleagues in the House for their support on this issue."

"Today (March 6) the House took action to ensure that the emergency shelter program remains viable. Given the increasing demands on the system and absent any assistance from the federal government, without such action, the program is unsustainable," said Rep. Alice Peisch (D-Wellesley), Assistant Majority Leader. "With these temporary limits, the program can continue to serve the Commonwealth's most vulnerable families and provide them with transitional services and supports, including job training, to help them secure stable housing."

While maintaining the right-to-shelter law, which has long served Massachusetts families, the bill passed March 6 limits the maximum length of stay to nine consecutive months with an additional three months for those currently employed

or enrolled in a job training program. The bill allows certain families or individuals, including veterans, pregnant women, victims of domestic violence and people with a disability to be eligible for 12 consecutive months in the program, regardless of employment status or participation in a job training program. The bill passed March 6 also ensures that families are given at least 90 days of notice prior to the end of their stay and caps the number of families exiting the program at 150 families per week.

This balanced strategy aims to successfully exit families from the program and into the workforce, while opening space for families who have been waitlisted as a result of the emergency regulations issued by the Executive Office of Housing and Livable

Cont'd On Page 11

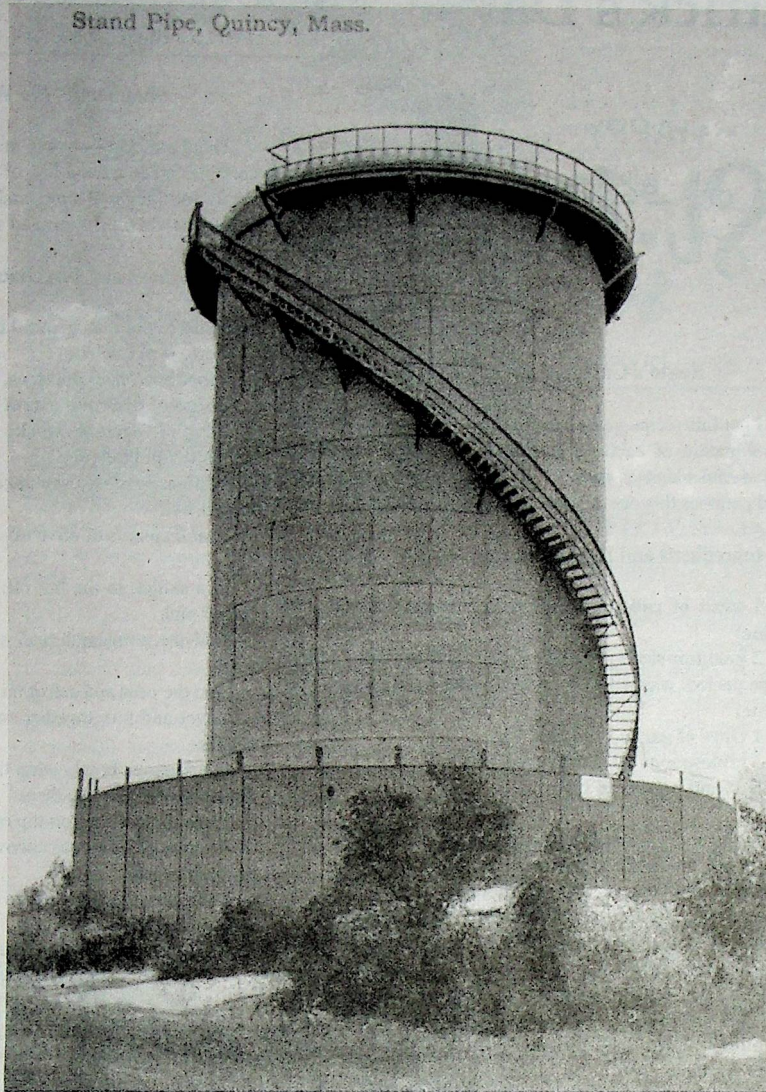
Remove Cemetery Decorations By Friday

The Quincy Cemetery Board of Managers requests the removal of all Christmas decorations, wreaths and other items which could interfere with the maintenance operation from all lots in the city's cemeteries on or before Friday, March 15.

Scenes From Yesterday

THIS IS A 1907 postcard showing the old water standpipe on the top of Penn's Hill in South Quincy. The Abigail Adams Cairn is hidden out of view just behind the standpipe. The privately owned Quincy Water Company, founded in 1883, built the tank. It was filled with 400,000 gallons of water from Braintree Dam in Five Corners through their pumping station on Penn Street. Braintree Dam was the primary source of Quincy's water for about 20 years until the Metropolitan water system was built early in the 1900s. Before that people had wells. At 60 feet high for those who climbed its stairs the tower provided a fantastic panoramic view.

From the
Tom Galvin
Postcard Collection



Quincy's Yesterdays

This Week
1971
53 Years Ago

**Population 87,966;
Median Home \$20,300**

A U.S. Department of Commerce 1970 census pegged the city's population at 87,966 – only 808 more than shown in the 1965 state census of 87,158.

Women outnumbered men 46,924 to 41,042 – a difference of 5,882.

Census statistics showed the city's population was housed in 29,173 "units," ranging from 631 one-room units to a high of 6,948 with six rooms, and 1,913 of eight rooms or more. A total 28,392 have all plumbing facilities while 657 lack some or all plumbing. There were nine mobile homes or trailers.

There were 12,411 owner occupied homes. Of these, 46 are valued at less than \$5,000 with the greatest number (1,464) valued from \$20,000 to \$24,999, and 125 valued at \$50,000 or more. Median value was \$20,300.

Renter occupied units numbered 12,486, with 133 rented at less than \$40; 2,655 pay rents in the \$100 to \$119 range; and 386 paid \$200 or more. Median rent was \$152.

35 STUDENTS READY FOR TRIP TO ENGLAND

Thirty-five students and seven adults associated with the Cranch School were preparing to leave April 14 for a 14-day trip to England – billed as a trip the students will never forget.

The group will be paying a return visit to the 24 West Leigh Junior High School students who last year spent two weeks with Cranch School friends.

Their trip was arranged by Miss Mary Lou Murdock, a grades three and four teacher at Cranch and former exchange teacher of the West Leigh group, and a member of the Quincy Education Association.

The Quincy students will, wherever possible, be guests in the home of the same English student they hosted in Quincy in 1969. Since their return to England, many of the West Leigh students have carried on correspondence and even chess games by mail with their Quincy hosts.

To provide for extras on the trip, bus fares and unexpected expenditures, the Cranch School students carried on a series of fund-raising projects including selling tickets for a performance of "Oliver" at Milton Cinema, provided "ecological" pins and held bake sales.

QUINCYISMS

Navy Petty Officer Second Class Robert Smelcer of Houghs Neck was awarded the Meritorious Unit Commendation Ribbon while serving aboard the guided missile destroyer USS Sampson at Charleston, S.C. . . Quincy's Janet O'Malley, Kathy Devlin and Mrs. Ann Cotter graduated from the Carol Nashe Modeling School. . . Dr. Charles Djerf, president of Survival, Inc., discussed the organization's drug program at open meeting of the Republican Women's Club of Quincy. . . The executive board of the Quincy Hospital Women's Auxiliary planned to raise \$2,650 to purchase a portable compact resuscitator for the new Coronary Unit at the hospital. . . Veva Darrow, age 15, of Houghs Neck, completed 480 hours as a volunteer at the Houghs Neck branch of the Thomas Crane Public Library. . . "Our News Media and History" was the subject of a panel discussion at the Quincy Historical Society, United First Parish Church. Panelists included Donald C. Wilder, managing editor of *The Patriot Ledger*; Henry W. Bosworth, Jr., editor and publisher of *The Quincy Sun*; and H. Winslow Bettinson, program director of radio station WJDA. . . Free 1971 personal income tax guidebooks for filing 1970 federal and state tax returns were available for pick up at Weymouth Savings Bank, Bridge Street. . . *The Quincy Sun* published selections from the writings of Quincy's elementary school children. The section was entitled "Young Ideas" and included this sample written by Kathleen Park, Grade 3, Willard School: "If I were President I would live in the White House. I would sign forms, help the poor, tell people what to do, help the country and send astronauts to the moon" and this one by Timothy Ricciardi, Grade 4, Willard School: "Air, water, land pollution! We better find a solution. It is a disaster! We better find a solution faster!" . . . Quincy government was in the hand of Old Colony DeMolay members for one day as part of the DeMolay Week proclaimed by Mayor James R. McIntyre. . . James F. McCormack, Sr., was re-elected chairman of the Quincy Park-Recreation Board for the fourth year. He was also vice chairman of the Quincy School Committee, chairman of the Mayor's Youth Hockey Committee and served on the Hockey Committee, all unpaid positions. . . Top 10 albums at Jason's Luggage and Music Shop in downtown Quincy included "If You Could Read My Mind" – Gordon Lightfoot, "Pearls" – Janis Joplin and "Love Story" – Andy Williams.

Patrick White Foundation Memorial Scholarships

The Patrick White Foundation will be offering scholarships in memory of Patrick White to the high school class of

2024. If you are interested please send an e-mail requesting information to: ptwfoundation7@gmail.com.

Explore Christ's Church Old Churchyard Tour March 23

The Department of Natural Resources Environmental Treasures Program is hosting a free tour Saturday, March 23 at 10 a.m.

Entitled "Exploring Christ's Church and its Old Churchyard: Fascinating Stories of Loyalists, a Slave and Louisa Catherine Adams," the tour will include a lecture by The Reverend Clifford Brown, Rector of Christ's Church, music led by Marcus Johnson, baritone, pianist and organist, a surprise treat in the Parish Hall and an optional visit to the old churchyard, including the opening of a crypt!

The main part of the program in the church is wheelchair accessible.

Registration is required.

To register email sowen@quincyma.gov indicating the number of people you wish to register. Meeting place and program details will be provided upon registration.

The Environmental Treasures Program offers free monthly guided walks in Quincy. To receive monthly email notices of upcoming tours, send a request to sowen@quincyma.gov.

READERS FORUM - MORE ON PAGE 20

Forbes Hill Park Restoration And Community Input

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Mayor Koch and Commissioner David Murphy:

I am among the many who are requesting that the City of Quincy renovate Forbes Hill Park with a comprehensive design plan that includes restoring the historic Water Tower built of Quincy granite, as was promised at the public input held at the Furnace Brook Golf Course Clubhouse, in addition to addressing the stormwater mitigation plan and rebuilding the forest which was damaged during the construction work.

Forbes Hill Park is a most treasured park in the city for all of the citizens of Quincy, not only for the adjacent neighborhood.

In addition to the golf course, which was a special deed to the city in lieu of taxes the FBGC owed, this agreement was drafted very wisely by Quincy attorney George Burke a legend and philanthropist for Quincy all his professional career.

And, you were very elegantly stated in your campaign letter this summer, the following excerpts:

"I'm still as passionate about the job and our beloved

Quincy today as I was on the first day. Together, we've made great progress in so many areas: . . . restored roads, parks and infrastructure across the City. Our work is not done, and your voice will always continue to be an important part of moving us forward together as a community."

Now, it also gives us great faith in the city to move ahead with Forbes Hill Park restoration, as spelled out at the community meeting.

I am kindly asking you to acknowledge this letter.

Sincerely,

Anneli Johnson
Quincy

Spring Forward And Quit

This comes from an announcement from the Quincy Health Department:

"Spring Forward Into better health by quitting smoking or vaping! The Quincy Health Department offers free stop smoking counseling for anyone who is trying to quit. Nicotine replacement therapy is available for those who medically qualify. For more information contact Christine Coscia, Tobacco Treatment Specialist at: 617-376-1233."

Peter Gleba
Quincy

Marie & Suzie: Recipes To Celebrate St. Patrick's Day

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Suzie's Cabbage with Potato Dish

I got this recipe years ago from my daughter Suzie. This combination of cabbage and potatoes is a delicious and wonderful blend of flavors. If your family likes cabbage and potatoes this one is sure to please!

Ingredients and Directions:

- 1 head of cabbage, cut up in bite-sized pieces (set aside)
- 2 medium-sized potatoes - skin on if organic - otherwise peeled, washed and cut up in bite sized pieces. (Set aside)
- 1 clove of garlic, chopped fine
- 3 tablespoons oil (Suzie used olive oil)
- Salt and pepper to taste

In the hot oil, sauté the garlic and add the cabbage, stirring well and then add potatoes.

Cover and cook, stirring occasionally.

Suzie did not have to add any liquid while cooking because the steam from being covered created enough moisture and was sufficient.

Keep covered and cook and stir over medium heat until potatoes and cabbage are tender.

This is a great side dish, and goes well with any entrée. Very nutritious too!

Jean's Delicious Irish Soda Bread

With St. Patrick's Day upon us I thought I would share this delicious recipe for Irish Soda Bread from my niece, Jean. She bakes this bread all of the time and said it consistently comes out great. It is a wonderful, not-too-sweet dessert or snack, and will also compliment a New England Boiled Dinner Recipe too!

Directions and Ingredients:

Preheat oven to 375 degrees; use cooking spray to coat a cake pan

- 4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 4 tablespoons unsalted butter cut into small pieces
- 1 3/4 cup buttermilk (make sure you shake it before you pour it)
- 1 large egg
- 1 and 1/4 cup raisins
- cooking spray

Directions:

1. Preheat oven to 375 degrees and coat round pan (like a cake pan or a springform pan) with cooking spray).
2. Put flour, sugar, baking soda, and salt in a bowl and combine.
3. Add the butter pieces to the bowl and use two forks (or a pastry blender) to blend the butter pieces into the flour mixture until coarse crumbs form.
4. Stir the raisins into the flour mixture.
5. Add the egg and the buttermilk to the flour mixture and stir until dough forms. It will be stiff.
6. Place the dough on a floured surface dusted with some flour. Shape the dough into a ball. The dough will be sticky so add a little flour to your hands.
7. Place the ball of dough into the prepared pan. Use a sharp knife to cut an X into the top of the ball of dough.
8. Bake for 45-50 minutes or until golden brown and a toothpick comes out clean when inserted into the center.
9. Cool on a wire rack for at least 10 minutes.

Shepherd's Pie With Ground Lamb

There are many ways to make a Shepherd's Pie and I've certainly made quite a few of them. I found this recipe recently for Shepherd's pie made with ground lamb. The results were very delicious and very easy to make.

Ingredients and Directions:

- 1 and 1/2 pounds ground lamb
- 1 cup pearl onions
- 4 medium sized potatoes, boiled and whipped
- 2 cups of peas and carrot mix
- 1 cup of vegetable stock, or beef stock (any stock flavor that you like)
- 1 tablespoon of cornstarch and 1/4 cup of water and mixed well
- 3 tablespoons of olive oil

In a skillet, in the hot oil, sauté the lamb until it is no longer pink.

Add the cornstarch and water mixture along with the stock.

Add the peas and carrot mix and pearl onions.

Cover and mix together and cook for 15 minutes all in a skillet.

In a separate bowl, whip the boiled potatoes and season them the way you like them.

Place the potatoes on top of the lamb mixture and put in the oven at 325 degrees uncovered. (Skillet you use should be oven-proof).

Bake until the potatoes are a little crispy on top, approximately 20 minutes.

Cabbage Fritters

I got this recipe for Cabbage Fritters years ago from my daughter, Ann Marie, and have shared it with you all over the years. These delectable fritters were very unique and had a great and savory flavor.

This recipe is easy to make and only uses very few ingredients.

Directions and Ingredients:

- 1/2 half head of cabbage, washed and diced into small pieces
- 1/2 cup of flour
- 2 eggs
- 1/2 teaspoon garlic powder (optional)
- Salt and pepper to taste
- 3 tablespoons vegetable oil
- 1/2 teaspoon baking powder (optional)

Wash and rinse the cabbage, then dice into small pieces and set aside.

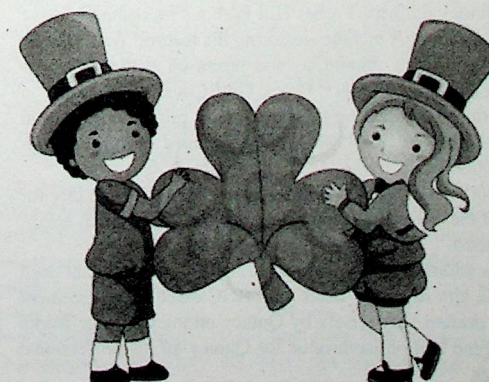
In a large bowl, mix the eggs with all of the other ingredients, blend well, then add the cabbage and stir until well blended.

In a large skillet, heat the oil. Drop the fritter batter by the spoonful and sauté until both sides are browned.

Place on a paper towel to drain.

If you are not going to eat them right away, keep them in a warming oven until ready to eat!

Enjoy! These fritters make a great side dish, snack or appetizer!



Dear Readers,

With St. Patrick's day around the corner, I thought I would re-share these recipes with you again. As many of you know, they are tried and true dishes my family has always enjoyed for St. Patrick's day.

These recipes are our family traditions and I hope you make them and enjoy them too! I have also provided two recipes that use cabbage in case you overbought vegetables in preparation for your St. Patrick's Day meals. Happy St. Patrick's Day!

Sincerely,

Marie and Suzie

New England Boiled Dinner Made with Double the Flavor

Oftentimes, when I have cooked New England boiled dinner, I have used the combination of smoked shoulder, which I think yields the tastiest ham, and 2 to 3 pounds of beef. The two of these enhance the flavor of the soup and most restaurants, when serving the dinner, do not include the delicious soup but simply serve the ham along with its vegetables.

But my family always uses a big bowl with the soup and meat in it. Or you could serve the soup on the side. When my daughter, Ann Marie, makes her boiled dinner, she makes a smoked shoulder in one big pan and corned beef in another and everyone is so pleased to have one or both. Additionally, you can add Chorizo sausage to this dish. The Chorizo sausage will add even more flavor to your meal.

Ingredients and Directions:

- 5-to-6-pound smoked shoulder
- 2 to 3 pounds of beef (I used bottom or top of the round but any beef will do)
- 4 medium potatoes cut in quarters (You can also use sweet potatoes along with them.)
- 4 or 5 Chorizo sausage (Optional)
- 1 large head of cabbage cut in quarters
- 1 large onion cut in half
- 4 large carrots cut in half
- 1 turnip
- Salt and pepper to taste

Fill a large pan with water, add the smoked shoulder, beef, onion, salt, pepper and cook covered for 1 to 2 hours depending on the size of the meats.

At this point, take the meats out of the pan and keep them in a warming oven. Now add all of the vegetables and cook until tender. Serve hot.

Lamb Stew for St. Patrick's Day

Even though on St. Patrick's Day most people are having the traditional corned beef and cabbage there are still people who like an Irish Lamb stew instead. So, today's recipe gives you a choice of what to have for dinner, or even as an additional dish when feeding a crowd.

Ingredients and Directions:

- 1 pound of lamb, cut into bit-sized pieces
- 3 large carrots, peeled and sliced
- 3 garlic cloves, mashed
- 2 large celery stalks, diced
- 1 onion, diced
- 1/2 cup red wine
- 3 tablespoons olive oil
- Salt and pepper to taste
- 2 tablespoons tomato paste
- 1 and 1/2 cup beef broth
- 1 teaspoon thyme

In a large pot, sauté the lamb in olive oil until browned and remove from the pan.

Add all of the diced vegetables and sauté for a couple of minutes.

Then add the wine and blend all together.

Add the lamb back in the pan, along with the beef broth and tomato paste.

Stir well and cover and simmer on low for one hour.

If you would like, serve with crusty bread or corn bread.



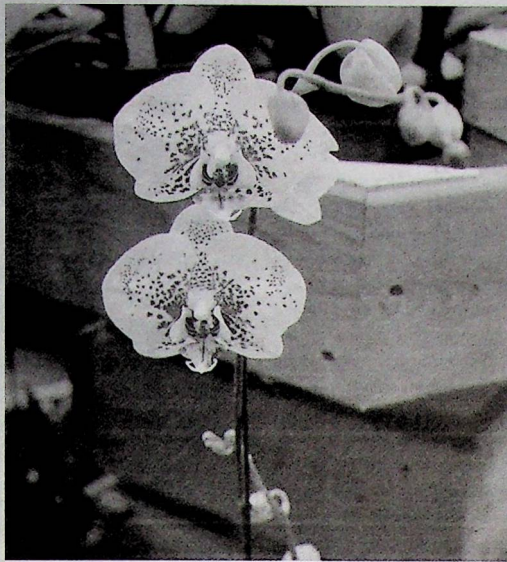
Indoor Plants: Boost Your Mood, Reduce Stress, Add Beauty

By MELINDA MYERS

Anytime is a great time to add a few houseplants to your home. Adding greenery indoors expands your gardening opportunities and provides the many benefits of living with and tending plants. It can boost your mood and reduce stress while adding beauty or nutritious food to your home.

Increase productivity and creativity by including plants in your home or work office. Greenery helps reduce stress even when working at your desk or tackling homework at the end of a long day. Set a few plants on or near your desk or other workspace. Expand your growing opportunities with the help of stylish, energy-efficient full spectrum plant lights to fit any décor while directing light where it is needed to promote healthy plant growth.

Boost the flavor and nutrition of meals year-round by growing leafy greens and herbs in a sunny window or under artificial lights. Start plants from seeds or purchase transplants to grow indoors. Place your indoor kitchen garden in a bright-



HUMIDITY-LOVING plants like orchids are a good choice to grow in the bathroom where the growing conditions will be right.

Photo courtesy of MelindaMyers.com

ly lit location, free of cold drafts and with easy access to harvest and use. Turn family meals and friend gatherings into unique and memorable experiences by enlisting them to harvest some greens for their salad and herbs to season their meals.

Grow ferns, orchids, bromeliads, and other humidity-loving plants in your

bathroom. Consider these and other low-light plants like cast iron, pothos, and philodendron if natural light is limited. You'll enjoy stepping out of the shower into a mini tropical zone allowing you to ease into your day.

Get a good night's sleep with a bit of homegrown aromatherapy in the bedroom. Grow lavender, rosemary, chamomile, and other

soothing herbs in your bedroom near a sunny window, on a shelf, or in another naturally or artificially lit, bright location. Just give the plants a pet to release their fragrance into the air before crawling into bed for a long restful sleep.

Create a miniature tropical, moss or desert garden in a terrarium to serve as a focal point in any room or as a centerpiece on the dining room table. Use an open terrarium for succulents and

other plants that need airflow, lower humidity, and space to grow. Enlist closed terrariums for moss and tropical plants that benefit from the high humidity and condensation that provides continual watering.

Indoor greenery always makes a nice addition when rethinking or refreshing your home décor in any space. You and your family will enjoy the beauty and many other benefits plants provide.

Melinda Myers has written more than 20 gardening books, including *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is www.MelindaMyers.com.

Social

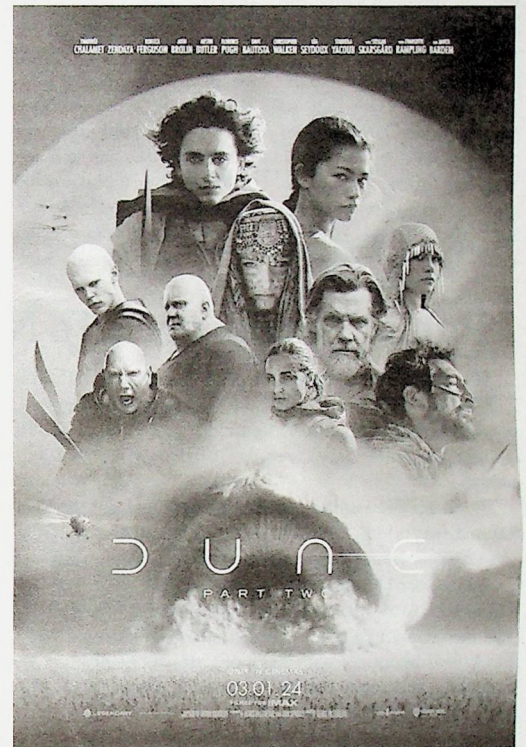
Movie Review: 'Dune: Part Two'

By BOB GARVER

I wasn't the biggest fan of the first installment of director Denis Villeneuve's take on the Frank Herbert sci-fi classic "Dune" back in 2021. The sounds and visuals were great, and I understood why it won so many technical Oscars that year, but I couldn't get invested in the characters or story, so I didn't recommend the film.

I feel the same way about "Dune: Part Two," but somehow the dynamic has shifted without anything really changing. The characters and story arcs are still baffling to keep straight (and as with the "Demon Slayer" movie last week, this doesn't make for a great entry point into the series), but the sounds and visuals are so awesome that I give it a recommendation. I guess I could chalk it up to going into the film with a little more familiarity with the property, having seen the first movie, but I'd like to think that Villeneuve has just upped his game in some subtle fashion.

The story this time sees hero Paul Atreides (Timothée Chalamet) living full-time, and stripped of his noble title, on the sand planet Arrakis, known for its valuable "spice." He joins up with the good-but-rebellious Fremen, led by Stilgar (Javier Bardem), in their war against evil spice-controllers House Harkonnen. Stilgar and other Fremen believe that Paul may be a messiah sent to win them the war, so much so that his mother Lady Jessica (Rebecca Ferguson) is immediately granted the high religious position of Reverend Mother and all the powers and responsibilities that come with it. Paul, his mother, his mentor Gurney (Josh Brolin), and his warrior girlfriend Chani (Zendaya) know he's no messiah, but he starts to give input that turns the tide of the war, so are the Fremen so wrong to believe in him? Could it even be that he really is the messiah and never



known it?

Over on the bad guys' side, Baron Harkonnen (Stellan Skarsgård) has been weakened, but is still alive following the battle with Paul's father in the first movie. He has since put his nephew Glossu (Dave Bautista) in charge of his army, but Glossu is about as good at leading an army as Bautista was at being a lead babyface wrestler going into WWE WrestleMania ten years ago, which is to say not good at all. In fact, that's probably why Paul is doing so well in battle — he's up against a lousy opponent.

The Baron is considering putting his younger, more sadistic nephew Feyd-Rautha (Austin Butler) in charge of the army instead. Also, everyone on Arrakis has to answer to Emperor Shaddam (Christopher Walken), who doesn't care about the war and just wants spice harvesting to go smoothly for economic reasons. His daughter Irulan (Florence Pugh) is preparing to take over for him, she doesn't have much of a role here but she's sure to be given more development down the line. And I'm looking forward

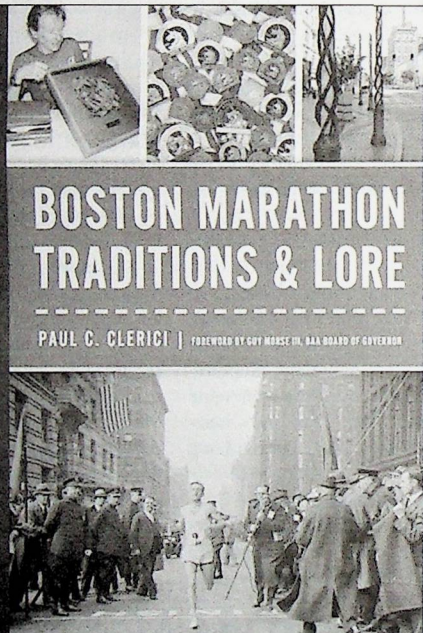
to seeing what happens down the line. Not so much for the still-bland story and characters, but just to see what this series can do to top itself as a sheer spectacle. After the first "Dune," I didn't care if we ever got another movie. But after "Part Two," I care. Just my luck, I'm hearing that the next installment won't be ready for at least five more years, but this movie is doing so well at the box office that the studio may tell the production to step on the gas. This is the kind of ambitious epic that doesn't come along very often, so when it does, it makes for a special occasion, which is why I recommend springing for special large-scale theater experiences like IMAX or Dolby. This film is likely to fare even better than its predecessor at next year's Oscars, and is frankly the first "must-see" film that I've seen in a long time.

Grade: B-

"Dune: Part Two" is rated PG-13 for sequences of strong violence, some suggestive material and brief strong language. Its running time is 166 minutes.



© Courtesy Paul C. Clerici



BESTSELLING AUTHOR Paul Clerici will share stories about the Boston Marathon on Wednesday, March 20 at 7 p.m. at the Thomas Crane Public Library, 40 Washington St., Quincy. The public is invited.

Courtesy Photo

Paul Clerici To Share Boston Marathon Stories At Crane Library March 20

The public is invited to join bestselling author Paul Clerici at Thomas Crane Public Library, 40 Washington St., Quincy, on Wednesday, March 20 at 7 p.m., as he shares stories about the iconic Boston Marathon.

Clerici has written extensively on the race in the "Boston Marathon History by the Mile," "Images of Modern America: The Boston Marathon," and newly released "Boston Marathon Traditions and Lore" books.

He will describe and illustrate such traditions as the connection between the Greek god Zeus, the Battle

of Marathon in 490 BC, and the gold-dipped olive-branch wreaths each champion receives; the growth of the start and finish lines from its simple origins as a single line to its lavish colorful artistry; the unique athlete and culture exchange program with the Ohme-Hochi 30K in Japan that began with four-time Boston Marathon winner Bill Rodgers in the 1970s; statues and monuments along the course, including one of runner-sculptor Bobbi Gibb, the first woman to finish the Boston Marathon and who created the life-size statue

herself; the ever-changing beauty of the finisher medal; the evolution of media coverage; the athlete villages, one of which began in 1996 to accommodate its largest field of 38,000 for its centennial; and much more.

Clerici's storytelling is supplemented with a multimedia presentation of images from his books, which include some from rare collections and some never seen before. Books will be available to purchase and can be signed by the author (www.paulclerici.com; <https://www.facebook.com/paul.clerici.12>).

Movie Review: 'Kung Fu Panda 4'

By BOB GARVER

Since Po (Jack Black), the main character of the "Kung Fu Panda" movies, is known for his corpulent eating habits, it makes sense to compare the animated franchise to a sort of comfort food.

These movies aren't exactly "healthy" choices that send the imagination soaring, but they aren't "junk" that people outside the target audience are likely to detest. They're agreeable, but not spectacular. Fortunately for "Kung Fu Panda 4," it's arriving at a time when kids haven't had a decent movie for a while. Even though it coasts on preexisting goodwill at times, it's not the painful, phoned-in effort it could have been.

At the start of the movie, Po is basking in his fame as the legendary Dragon Warrior. He does his job well, fulfilling all his duties as protector of his village, but he's also become complacent, using his standing in

the community to endorse the noodle restaurant run by his adoptive goose father Ping (James Hong) and biological panda father Li (Bryan Cranston). His mentor, red panda Master Shifu (Dustin Hoffman) tells him his time as Dragon Warrior is coming to an end and he needs to pick a successor, but all he wants to do is continue to be the Dragon Warrior. And eat, of course, be the Dragon Warrior and eat.

One day Po catches a fox named Zhen (Awkwafina) stealing artifacts from his temple. He battles her and she holds her own, but ultimately he wins and throws her in prison. But it turns out she may know something about a series of attacks that have been going on in nearby Juniper City. It seems Po's old nemesis, the snow leopard Tai Lung (Ian McShane) has returned from the Spirit Realm and is seeking to regain power. Zhen knows to put emphasis on the "seems" part,

because it's really shape-shifting villain Chameleon (Viola Davis) plotting to steal power from the entire Spirit Realm. Zhen agrees to help Po in exchange for a lighter sentence, and the two reluctantly set out on a mission to save the village.

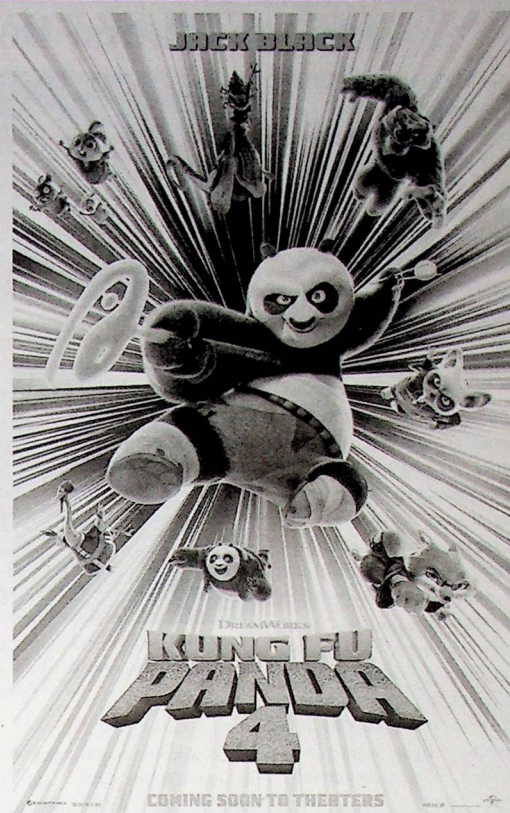
I'm not going to pretend that the movie aspires to be anything more than standard "reluctant buddies road trip" fare. As a matter of fact, it's two "reluctant buddies road trip" movies in one because Ping and Li set out on their own mission soon after Po and Zhen leave. But the Po/Zhen story has all the twists and turns you expect. Of course the too-trusting Po will have hard time navigating the city's criminal underbelly and need the streetwise Zhen to bail him out. Of course Zhen's duplicitous nature will get the two of them in trouble (my favorite sequence of the movie sees Po try to return money stolen by Zhen while simultaneously fight-

ing the victims). Of course Po's good-heartedness will rub off on Zhen. Of course there's a secret that makes things complicated. And of course Po will eat everything he can along the way.

But as unambitious as "Kung Fu Panda 4" is in its storytelling, it's ambitious in its humor. What can I say — the jokes just hit. Black's energy is infectious as always (he sings a new take on a pop song that might just be more earworm-y than the original), and everyone else manages to steal at least a few scenes. The visual gags work too, and it's hard not to have your heart stolen by some psychotic bunnies.

As an overall effort this movie may be just as complacent as Po is in the first act, but the "Kung Fu Panda" franchise knows what brings audiences comfort. The concession stand can handle the food.

Grade: B-



"Kung Fu Panda 4" is images and some mild rude rated PG for martial arts humor. Its running time is action/mild violence, scary 94 minutes.

Public Encouraged To Nominate A Crossing Guard To Be Honored By State

The Massachusetts Department of Transportation (MassDOT), through its Safe Routes to School (SRTS) Program, is encouraging the public to nominate a crossing guard for recognition for the 2024 Crossing Guard Appreciation Campaign.

The campaign begins with a Crossing Guard of the Year nomination period, followed by Crossing Guard Appreciation Day on March 20, and culminates with announcing the Crossing Guard of the Year award winner(s). The winner(s) will also be recognized at the Annual Safe Routes to School Awards Ceremony in June. The overall goal is to draw attention to and honor the hard work of Crossing Guards across Massachusetts and to recognize those Crossing Guards who go above and beyond.

Quincy 675 Toastmasters Open House March 18

Find Out How To Overcome The Fear of Public Speaking

Do you have a fear of speaking in public?

Quincy 675 Toastmasters will hold an open house on Monday, March 18, from 7 to 9 p.m. at the third floor Library of Quincy College, 1250 Hancock St. in Quincy. The free event is open to the public and refreshments will be served. RSVP: quincytoastmasters@gmail.com.

Toastmasters teaches members how to give effective talks, helpful evaluations, and many aspects of public presentations. The open house will demonstrate a speech and evaluation. Meet the members and learn about the different ways our Toastmasters club can be of benefit.

Public speaking ranks high as a common fear, and this often holds people back in their personal and professional lives. Some seek to improve their communication when English is a second language. Others battle insecurity when asked to lead a project, or present a powerpoint, or to contribute to a group discussion.

In 2024 Quincy 675 Toastmasters celebrates its 75th anniversary and is a highly awarded and accomplished chapter in Massachusetts. Join us on Monday evening, March 18 for our Open House and find out why.

To RSVP or for questions, email: quincytoastmasters@gmail.com.

For information about 675 Quincy Toastmasters, visit <http://675.toastmastersclubs.org> or visit our FB page: <https://www.facebook.com/QTMUS>

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of local clubs. Since 1924, Toastmasters International has helped people of all backgrounds become more confident in front of an audience.

"Crossing guards in our state go above and beyond every day in ensuring the safety of our children and also in helping to instill good habits for all roadway users," said Transportation Secretary and CEO Monica Tibbitts-Nutt. "We are pleased that during March we have the chance to recognize crossing guards for the positive impact they have on community members and to offer this program as a way for members of the public to spotlight individuals who put themselves out there in helping students travel safely between home and schools."

Last year, SRTS received such an overwhelming number of responses and nominations that it was difficult to pick just one winner. At the 2023 Annual Awards Ceremony, Cheryl Anziano (Chicopee), Linda Carella (Arlington), and Claire MacPherson (Brookline) received the Crossing Guard Champion Award. Dr. James Cummings, Superintendent of Grafton Public Schools received the Honorable Mention Award for Crossing Guard of the Year. The winner of the Crossing Guard of the Year Award was Debbie Lang (Boston).

The nomination period opened on March 1 and all submissions are due by 5 p.m. on Wednesday, March 20, Crossing Guard Appreciation Day, when schools and students are encouraged to show in their own way how much they ap-

preciate their Crossing Guards.

The nomination form, a printable Thank You Card, and promotional flyers are all available on the SRTS website in the Engagement section. Schools must be SRTS partners in order for their Crossing Guards to be eligible. Previous Crossing Guard winners are not eligible to win this year. The number of nominations for a Crossing Guard does not affect their chances of winning. Communities are encouraged to work together to draft thoughtful nominations.

The Massachusetts SRTS Program, sponsored by MassDOT and with funds from the Federal Highway Administration, promotes safer routes for students to actively get to and from school by fostering partnerships between community-led organizations, local law enforcement, education leaders, and public health departments. The program currently serves more than 1,150 schools in over 280 communities across the Commonwealth. Through these partnerships, the Massachusetts SRTS Program highlights the importance of pedestrian and bicycle safety. SRTS also provides information, materials, and resources to support schools and communities with their local SRTS initiatives.

For more information on Massachusetts Safe Routes to School visit:

www.mass.gov/safe-routes-to-school.

147 Quincy Students On UMass-Amherst Dean's List

One hundred and forty-seven students from Quincy are on the Dean's List for the fall semester at the University of Massachusetts-Amherst.

They are:

John Alessandro, Danny Au, Jason Au-Duong, Philip Bryden Austin, Joseph Connor Bates, Megan Elizabeth Beck, Oleksiy Bielov, Julia Bo, Kathleen Bowden, Kathryn Elizabeth Boylan, Kayleigh Joanne Caldwell, Caroline Claire Campbell, Sabrina Chan, Samantha Chan, Natalie Chan, Christopher Chan, Corey Nicholas Chaparro, Xiaolei Chen, Yanling Chen, Shao Chen, Arnold H. Chen, Xinrui Chen, Dennis Chen, Jeffrey Chen, Helen Chen, Timmy Zhuo Yan Chen, Hanying Chen, Jessica K. Chen,

Stanley Chen, Shino Chen, Yingyi Chen, Donna Chen, Yumi Chen, Rou Chen, Brian Man Choi, Jimmy Chu, Oisin Dermot Thomas Coogan-Coyne, William Pirro Cook, Benjamin Antonio Carvalho Correia.

Aisling Donoghue, Vety-Sara Dort, Abigail Rose Dunn, Nicole Boulos Fakhri, Rachel Wing Wah Feng, Matthew Steven Fitzgerald, Meaghan Elizabeth Foley, Teng Chan Fong, Liana Gao, Juliana Yan Gee, Iain Gillespie, Cassandra Elizabeth Gordon, Emmy Jie-Ching Guan, Eric Yong Guan, Ashna Guha, Ilkim Gumus, Nhi Thuy Ha, Zachary William Hatfield, Matthew John Hawley, Garrett Hinkley, Grace Margaret Hobin, Tao Hong, Jasmine Horburapa, Sandy Ting Huang, Bonnie

Huang, Dingjie Huang, Michelle Huynh, Natalia Anna Kepczynski, Emily Kuang, Beck Andrew LaMotte, Quinn H. LaMotte, Priscilla H. Lau, Huong Le, Shawn Lee, Eric S. Lee, Sabrina Leung, Huoer Li, Thomas Patrick Li.

Michelle Li, Hsuanyu Lin, Jerry Lin, Xin Yi Lin, Yi Lin, ShiQin Lin, Selina Lin, Youliang Liu, Mary Catherine Loney, Yuanxin Lu, Thu Gia Luong, Maggie Chen Gao, Michelle Chen Yi Ma, Emily Elizabeth McCarthy, Meadhbh Patrick McDermott, Matthew James Miranda, Thomas Christopher Murphy, Aidan Patrick Murphy, Quinn Richard Murphy, Phuong Vu Nam Nghiem, Edwin Dat Nguyen, Jessica Nguyen, Huu Phuc Nguyen, Bridgid Reilly Norris, Morgan

Elizabeth Novak, Amanda Lee O'Neill, Maxwell Owusu-Mensah, Mengxin Pan, Justin Pham, John Richard Pickering, Thomas Charles Potts, Zoe Olivia Rakarich, Owen Arthur Rigby, Alyssa Marie Ryan, Kexin Shi, Fiona Grace Smith, Arunee Jinnee Sundosd, Jinglin Tan, Shirley La Tang, Gavin Toland, Adam Trac, Tracey Le Tran, Twuyen Tran, Eileen Kelly Trenholm, Kaitlyn Vo, Jacqueline Victoria White, Vivian Mary Wilson, William Akira Wismar, Amanda M. Wong, Emily Wu.

Jiawei Wu, Josie Wu, Justin Wu, Jim W. Xi, Lixin Xu, Zhichao Xu, Tammie Xu, Jinying Yang, Nicholas Ram Yazbek, Jimmy Zhao, Cristina Zhao Zhen, Shu Qian, Joyce Zhong, Gina Zou, Hanxiang Zou and Linda Zou.

Social Security Matters

Will My Benefit Increase If I Work While Collecting Disability?

By RUSSELL GLOOR

National Social Security Advisor at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I will be 64 in March and currently receive Social Security Disability Insurance (SSDI) payments. My full retirement age is 67, but I'm thinking about trying to return to work.

If I work and my earnings exceed the monthly disability payment limits, but do not exceed the annual limit, how will my disability payments be affected? Will working while receiving Social Security disability payments change my Social Security benefit amount when I reach my full retirement age of 67? Signed: Mending

Dear Mending: Social Security doesn't go by annual earnings when it comes to disability (SSDI) - they go by monthly earnings. If your work earnings in any one month of 2024 exceed \$1,550, that will be a flag to SS that you are no longer disabled (\$2,590 per month if you're blind). If that happens for a few months in a row, they will most likely stop your SSDI payments. Often, this happens retroactively - they won't find out until sometime later that you repeatedly exceeded the monthly limit - but they will likely cancel your SSDI benefits and require you to repay any benefits you received in months you exceeded the monthly SSDI earnings limit, or months they deem you were capable of working without restriction.

I suggest you consider enrolling in Social Security's "Ticket to Work" program. While enrolled, you can work and will have a rolling 9 month "Trial Work Period" over 5 years, during which you can earn more than \$1,110/month (in 2024) without jeopardizing your SSDI benefits. If, after completing your 9 month trial work period, you are taken off of SSDI (because you're no longer considered disabled), and you again become disabled and unable to work, your SSDI benefits can resume without requiring you to go through the entire application process again. You can test your ability to work, will be able to work some and can earn more than the limit in some months, which makes the Ticket to Work program your best option. Read more about it here: <https://choosework.ssa.gov/>.

As for whether working while on SSDI will improve your benefit at your full retirement age (FRA), that depends. Your current SSDI benefit is equal to your FRA entitlement from your earnings record at your disability onset date (but paid to you prior to your FRA). The method for determining your benefit under SSDI is complex and depends on the age at which you became unable to work and the number of Social Security credits you had accumulated at that time. Although SS retirement benefits normally require you earn at least 40 SS quarter credits and are based on your highest earning 35 years, those approved for SSDI can get benefits with fewer than 40 credits and less than 35 years of lifetime earnings. Since each case is unique, I cannot say whether your earnings while on SSDI will improve your FRA amount, but Social Security will monitor your earnings and increase your benefit if appropriate.

FYI, your SSDI benefit would normally automatically convert to become your regular SS retirement benefit at your FRA at the same amount you were receiving while on SSDI. It's possible that the limited earnings you may have from working while on SSDI may increase your benefit, but that's impossible for me to predict. Your benefit is based on your lifetime earnings history (adjusted for inflation), not on your contributions to Social Security while working.

So, if you are on SSDI and wish to try returning to work, and you think your monthly earnings will occasionally exceed the SSDI limit, I suggest you contact Social Security (1.800.772.1213 or your local office) to explore enrolling in the Ticket to Work program. That would be your best option to avoid jeopardizing your SSDI benefits, and your benefit amount will be automatically adjusted by Social Security if appropriate.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Feeling Depleted? Take The Self-Care Challenge!

By LORI SCOTT

Make yourself a cup of tea and grab a pen and paper. Now, take a moment to write down all of the things you love in your life.

Then, put your list aside for now. We'll come back to that in a minute.

Self-Care Redefined

According to the National Institute of Health (NIH), self-care is the ability to care for oneself through awareness and self-reliance in order to achieve optimal health and well-being.

It seems like a simple concept but one that often gets ignored or misunderstood. For many of us, there is a belief that doing something nice for ourselves is indulgent or even selfish. We all know that putting the oxygen on ourselves first allows us to help others. Self-care is the same principle. Practicing self-care allows us to show up and be present for others with more patience, understanding and bandwidth, ultimately improving our relationships and ability to handle stress. If you are depleted, you are not in a position to help yourself or anyone else.

Practicing self-care has scientifically been shown to improve and protect our health. Without self-care, prolonged chronic stress, physical, mental, and emotional fatigue are imminent.

Self-care is not a luxury. Self-care is not selfish. Self-care is NECESSARY.

The best part? It doesn't have to cost anything and can be as simple as taking a mindful deep breath. True self-care is creating a life you don't need a vacation from. Self-care is not a place you go, it's an outlook on life that focuses on appreciating the simple pleasures and taking the time to cultivate more of them in your everyday life.

There are eight main areas of self-care: physical, psychological, emotional, social, professional, environmental, spiritual, and financial. Essentially, self-care includes healthy eating and movement, gratitude, setting healthy boundaries, limiting time with negative people and situations, time in nature, decluttering your space, self-reflection and setting goals.

Now, go back to your list and look at all of the things you love in your life.

How long did it take for you to list yourself? Are you even on this list? It's okay if you're not. You are not alone. Most of us have been putting others first our whole lives. The problem is that you've taught them AND yourself, that you come second. Maybe it's time to consider changing that narrative. This doesn't mean that we should stop helping others, it just means that you also value yourself and your own health. Make sure your name is on your list!

What Does Self-Care Look Like To YOU?

Imagine you had only 3 minutes for self-care. Make a list of things that would instantly reset your mood and bring you a feeling of happiness. For example, stepping outside for a few deep breaths, listening to your favorite song or dancing. Consider things like wearing your favorite soft clothing, watching a sunrise or sunset, reading a book, coloring, savoring a cup of tea in your favorite mug, or calling someone you love. Take some time to create a list of things that bring YOU joy.

This is your Self-Care Survival List and it's your reminder that it's okay to do something nice for yourself throughout the day. EVERY day. We don't have to wait until a planned vacation to take better care of ourselves. If we can implement small but impactful intentions into our daily lives, we can show up each day with a full cup for ourselves and everyone else around us.

Tips For A Simple Self-Care Routine:

AAA Urges Drivers To Check For Open Vehicle Recalls

Safety recalls affected more than 34 million vehicles in 2023 alone, according to new data from the National Highway Traffic Safety Administration (NHTSA). This includes more than 4.7 million vehicles recalled with advisories urging drivers to park outside away from structures due to risk of fire.

AAA Northeast urges owners to check their vehicles and related equipment--tires and child car seats, for example--for open recalls. Only 64.7% of vehicle recalls issued in 2022 have been completed, and in the

last two weeks alone, NHTSA safety recalls affected more than 1.4 million vehicles.

"Every vehicle recall involves a safety-related issue, which means it's critical to get the repair done as soon as possible," said Jillian Young, director of Public Relations for AAA Northeast. "Vehicle owners can help protect themselves and others on the roadways by checking for recalls on their vehicles at least twice a year, and taking advantage of free repairs on all recalls."

AAA offers the follow-

MONTHLY MINDFULNESS



By Lori Scott, E-RYT 500
OWNER OF LORI SCOTT YOGA & WELLNESS

• Before you get out of bed in the morning, pause. Roll your shoulders, reach your arms overhead and stretch. Feel a sense of gratitude in this moment for waking up on this new day and for the ability to move your body.

• Start your day with a question. *What do I need most today?* This simple question will guide decisions and actions that are best for YOU. Remember, there is nothing selfish about showing up as your best self. Be sure to wait for the answer. Then, be that!

• Build your day around your self-care, not your self-care around your day. Schedule self-care into your planner BEFORE other tasks. It may seem silly to write down "breathe" at 3pm, but maybe this shift in priorities will allow you to have more clarity and focus throughout the day.

• Create space for silence. Give yourself just a few minutes each day to unplug. No phone, no emails, no stress, no pressure, no responsibilities. Nothing. Just sit. Close your eyes. Pretend you're on a tropical island with no cell service! Just try it for 2 minutes and see how silence makes you feel. Maybe it's all you need to charge your battery before responding to an uncomfortable email or having a difficult conversation.

• Now that you have your Self-Care Survival List, do one of these things today. It could be for 1 minute, 5 or 10 depending on how much time you have. Most importantly, try not to confuse it with indulgence and do it unapologetically.

• Go further with this and begin exploring how self-care fits into each area of your life (physically, psychologically, emotionally, socially, professionally, environmentally, spiritually, financially) by incorporating some things you love from your Self-Care Survival List into each one.

Start by giving yourself just 3 minutes each day for something you love. We all have 3 minutes. Self-care doesn't TAKE time, it actually MAKES time for the things that matter most to you ... and you are worth getting to know!

Join a yoga community! Our welcoming, non-competitive community meets every Sunday at 8 a.m. at the Fore River Clubhouse, 16 Nevada Rd. in Quincy. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down, finding peace and having some fun. "Easy like Sunday morning" is our motto! Class is \$15/p.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

ing guidance for vehicle owners:

• **Check for open recalls today:** Take advantage of free and easy tools like NHTSA's Vehicle Identification Number (VIN) Look-Up Tool and the SaferCar app to check your vehicles and automotive equipment for open recalls. All you'll need is your vehicle's VIN, which can be found on the lower portion of the vehicle's windshield on the driver's side and on your registration card. You can also add related equipment like tires, trailers, and child

car seats to SaferCar.

• **Repair quickly:** Millions of recalls go unrepaired every year, putting drivers, passengers, pedestrians, and others on the road at risk. If your vehicle is subject to a recall, visit a local dealership immediately for free repairs.

• **Report safety-related defects:** If you believe your vehicle may have a safety-related defect that is not included in a current recall, contact NHTSA online at NHTSA.gov or by calling the agency's Vehicle Safety Hotline at 888-327-4236.



Real Estate

Quincy Real Estate Transactions March 4 - March 8

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

John F Kane
Brian Tse
Pioneer Investments
TD Property LLC
PT Investments LLC
Anchor Ross LLC
John Mateu & Margaret Quinlan
Crown Colony LLC
John P Ryan

BUYER

Sean Zheng & Xuan A He
Timothy M Chandler
Ermir & Ermira Floqi
Thi B L Pham, Minh H Le & Bang H N Le
Savy N Dang
Kingsgate Apartments LLC
Wai L Wong
Foxrock Realty LLC
Meng Yan

AMOUNT

\$312,000
\$750,000
\$749,999
\$995,000
\$610,000
\$3,950,000
\$315,000
\$6,000,000
\$865,000

ADDRESS

115 West Squantum Street
11 Oak Grove Terrace
22 Barry Street
178 Centre Street
315 Billings Road
118 Greenleaf Street
100 West Squantum Street
1200 Crown Colony Drive
318 Quarry Street

Norfolk County Monthly Property Sales Increase For 2nd Month

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings in February 2024 show a slight increase in the total number of documents recorded, which includes an increase in property sales and mortgage recordings compared to February 2023. This marks the second month in a row that year over year property sales have increased.

The Registry of Deeds recorded 6,787 documents in February 2024. This was one percent more than in February 2023 and a 10 percent decrease compared to January 2024.

"Looking at the recordings from the past few months indicates that real estate activity in Norfolk County seems to be holding steady with some increases in property sales," O'Donnell said. "It is still very early in the year, and with the traditional home buying season yet to be-

gin, it will be important to continue monitoring these trends and to see how external factors, such as interest rates, may impact the real estate market in the coming months to see if this positive momentum will be sustained throughout the year."

The total number of deeds recorded for February 2024, which reflects both commercial and residential real estate sales and transfers, was 961, which was nearly equal to the number in February 2023. However, looking at just commercial and residential real estate sales, the number was up one percent from last year.

"Despite some difficult market conditions, the total number of commercial and residential property sales in February 2024 showed a slight increase compared to the previous year," O'Donnell said. "This year-over-year increase may suggest that the prospects of lower mortgage interest

rates, predicted by some market observers to come down by the first half of the upcoming year in 2024, are bringing buyers to the table early."

The average sale price of commercial and residential properties for February 2024 rose to \$994,236, a five percent increase compared to February 2023 but a decrease of two percent from January 2024. The total dollar volume of commercial and residential sales is up, increasing six percent from last year but down 11 percent from last month.

"With a limited supply of available properties on the market, any increase in demand is likely to cause an increase in the average property sales price," O'Donnell said. "Unfortunately, when prices rise without a corresponding rise in inventory, it may result in increased competition among buyers. This makes it harder for homebuyers in general,

but especially for first-time homebuyers."

For the month of February, lending activity showed an increase compared to the same month a year ago, the first time this has happened in over a year. A total of 916 mortgages were recorded in February 2024, up one percent from February 2023 and four percent less than last month.

"The increase in lending activity this month is likely a product of the increase in the number of property transactions compared to 2023," O'Donnell said. "This may suggest that while some homeowners are still hesitant to make moves with average mortgage interest rates above six percent, others are not dissuaded by current interest rates, but time will tell if this trend continues."

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In February

2024, there were six foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in February 2023, there were three recorded. The total number of notices to foreclose, the first step in the foreclosure process, increased from last year, going from 26 notices in February 2023 to 43 in February 2024.

"We all experience unforeseen events in our lives. Sometimes these events are beyond our control and can have a devastating impact on our finances. I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www.norfolkdeeds.org," said O'Donnell.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs

(617-479-8181 x376) and NeighborWorks Housing Solutions (617-770-2227) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

O'Donnell concluded: "Real estate activity in Norfolk County is showing some positive trends, which is a good start to the year, but the housing market still has a few hurdles to overcome, including a limited inventory of available properties on the market, which is driving up prices and making it difficult for some buyers to find affordable options. To determine whether this positive momentum will last for the entire year, it will be important to keep an eye on these trends and observe how outside factors may affect the real estate market in the upcoming months."

Ask Barbara Graceffa: From Brutalism To Cute-alism

We just read that brutality is popular in interior design today. We are only familiar with brutalist architecture (like Boston City Hall). Why would

someone want this harsh and cold style inside their homes? Donald and Evan

Brutalism is not your cup of tea? Keep reading to learn about a softer version that is a little more welcoming and soulful and a little less severe and stark.

Like the iconic Boston

City Hall building you mention, the features of brutalism include hard angles, minimalist style, and industrial materials like raw concrete, walls of glass and plywood, and exposed bricks, steel beams, and metal pipes. Vogue describes brutalism saying, "At its

core, it's a movement about honesty," meaning little or no ornamentation, clutter, flashy upholstery, or busy wallpaper.

Introduced by the French-Swiss architect Le Corbusier after World War II, brutalism peaked two decades later but we have been seeing a resurgence in the last few years. Fortunately, it is a little softer today with the ubiquitous cement grey

hues coupled with colorful angular or mid-century furniture upholstered in tactile fabrics with strong geometric lines and shapes. Or neutral white palettes are accented with bolder pops of color as accents.

Today's concrete floors and walls are polished. We are seeing faux concrete walls and wallpaper to resemble raw concrete as well. The material is also

used as lamp bases and flower vases.

Airy spaces are adorned with warm woods, big statement pieces including modern art installations, and lots of green plants. Utilitarian-looking lights of simple shapes are found paired with salvaged wood or steel tables in dining rooms and kitchens.

So, if you admire simple structure and unadorned materials and do not mind a little roughness around the edges, the new brutalism might be just right for you.

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering, home staging, home décor sewing services, and lectures at www.sec-interior.com.

You can reach her at 617-921-6033.

**INVOLVED IN REAL ESTATE
HIGHS AND LOWS
FOR 42 YEARS**

**THE STAMOS NAME
HAS BEEN ASSOCIATED
WITH THE
REAL ESTATE
PROFESSION SINCE 1979**

Whether a Seller or Buyer
Our goal is to accomplish
Your desired end result

*Tired of your world?
Come to ours.
Quincy is a great place
to call home!*

JIM STAMOS
617-733-3192

Sell with the Best



Voted the
Best of Quincy
in 2022 & 2023!

Hillary Birch
Senior Vice President

hillary.birch@compass.com
hillarybirchgroup.com

781.608.1425

1147 Hancock St.
Quincy, MA 02169

Hillary Birch is a real estate broker affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws. Compass.com

COMPASS

FLAVIN & FLAVIN REALTY

Complete Real Estate Service Since 1925

Free Opinion of Value

Committed to Property Ownership

Offering Seller & Buyer Representation

a century of connecting people with homes

Real Estate Sales Positions Available

Flavin & Flavin
1085 Hancock St. Quincy Center
Visit: www.flavinandflavin.com

617-479-1000

Biden, Trump Primary Winners Here, State

Quincy's Beth Veneto Elected GOP State Committeewoman

By SCOTT JACKSON
President Joe Biden and former President Donald Trump won big on Super Tuesday – both in Quincy and elsewhere – all but guaranteeing a rematch between the two in the fall.

Biden received 6,364 votes in Quincy in the March 5 Democratic primary, 74.65 percent of all votes cast, and was the top vote getter in each of the city's six wards. "No preference" garnered the second most votes, 1,031, followed by Cong. Dean Phillips (536 votes) and author Marianne Williamson (338 votes).

Statewide, Biden received 522,460 votes or 82.9 percent of all votes cast. "No preference" was runner up with 58,817 votes, or 9.3 percent of votes cast. Biden was the winner of every contest held on March 5

nationwide, except for the American Samoa primary, where he finished behind entrepreneur Jason Palmer. Phillips withdrew from the race the following afternoon. Williamson, who had suspended her campaign before unsuspending it, remains in the race.

Trump received 4,388 votes in Quincy in the Republican primary, 67.56 percent of all votes cast, and polled the most votes in all six wards. Nikki Haley, the former governor of South Carolina, was runner up with 1,901 votes, 29.27 percent of all votes cast. "No preference" was a distant third with 75 votes. The remaining votes were split between candidates who withdrew from the race prior to the primary: Chris Christie (48 votes), Ron DeSantis (27), Vivek Ramaswamy

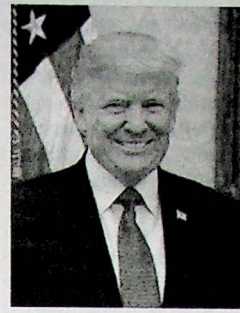
(24), Ryan Binkley (9) and Asa Hutchinson (4).

Statewide, Trump received 338,739 votes, or 59.9 percent of all votes cast. Haley was runner up with 207,971 votes, 36.8 percent of all votes cast. Trump was the winner in every primary held on March 5, save for Vermont, which Haley won. Haley withdrew from the race the following morning.

In the Libertarian primary, "no preference" polled the most votes in Quincy, 44. Chase Oliver received 21 votes, Jacob Hornberger got 14, Michael Rectenwald polled 10 votes, Michael Ter Matt received four votes, and Lars Mapstead finished with two. Statewide results for the primary were not immediately available. Unlike the Democratic and Republican primaries, the



JOE BIDEN
Winner MA Democratic Presidential Primary



DONALD TRUMP
Winner MA Republican Presidential Primary



BETH VENETO
Elected GOP State Committeewoman

Libertarian primary is non-binding.

The performances of Biden and Trump on March 5, also known as Super Tuesday, essentially guarantee the two will face off in November's presidential election in a rematch of the 2020 election. Biden won that election with 306 electoral votes to the incumbent Trump's 232. Biden received 81.3 million votes

(51.3 percent of the vote) nationwide to Trump's 74.2 million (46.8 percent).

Biden carried Quincy in the November 2020 election, receiving 30,165 votes (66.37 percent) to Trump's 14,283 (31.43 percent). Statewide, Biden received 2.3 million votes (65.6 percent) to Trump's 1.2 million (32.14 percent) to win Massachusetts' 11 electoral votes.

In the March 2020 Democratic primary, Biden won Quincy with 5,848 votes (32.8 percent) of the vote. Bernie Sanders came in second with 5,236 votes (29.4 percent) followed by Elizabeth Warren (3,494 votes or 19.6 percent) and Michael Bloomberg (2,005 votes or 11.3 percent). Statewide, Biden won the primary with 473,861 votes (33.4 percent) to Sanders' 376,990 (26.6 percent).

In that year's Republican primary, Trump polled 3,274 votes (88.6 percent) in Quincy. William Weld came in a distant second with 261 votes (7 percent). Statewide, Trump received 239,115 votes (86.3 percent) to Weld's 25,425 (9.2 percent).

The only other contests on the March 5 ballot in Quincy were for the Republican state committee man and woman for the Norfolk

& Plymouth District. The district includes all of Quincy, Abington, Hanover, Holbrook and Rockland as well as part of Braintree.

In the committee man race, Alexander Hagerty of Abington won with roughly 55 percent of the vote over Gary Innes of Hanover. In Quincy, Hagerty outpolled Innes, 2,651 votes to 2,196.

In the Republican committee woman race, Beth Veneto of Quincy won with about 60 percent of the vote over Edith Hughes of Quincy. In Quincy, Veneto outpolled Edith Hughes, 3,263 votes to 1,976.

Joel Buenaventura and Sandra Merrick, both Quincy residents, were unopposed in the race for the Democratic state committee man and woman seats for the same district. Buenaventura polled 6,243 votes in Quincy and Merrick garnered 6,422.

Turnout in Quincy for the primary was 23.52 percent, with 15,314 of the city's 65,120 registered voters casting ballots.

Of the city's 31 precincts, Ward 6, Precinct 5 (Squantum) had the highest turnout at 39.03 percent. Ward 1, Precinct 4 (Adams Shore) was runner up at 34.44 percent, followed closely by Ward 1, Precinct 5 (Houghs Neck) at 33.63 percent.

MA House Passes Supplemental Budget

Cont'd From Page 4

Communities on Oct. 31, 2023, which set a cap of 7,500 families participating in the program. As of March 5, there were 7,519 families currently enrolled or waiting to be enrolled in the emergency assistance program, according to the Healey-Driscoll Administration.

Aiming to create a pathway to work to alleviate the shelter crisis, the bill also requires the Governor to seek federal approvals for a waiver from the Department of Homeland Security (DHS) to permit expedited work authorizations, temporary work authorizations, and provisional work authorizations for newly arrived migrants, refugees, and asylum seekers.

It also establishes a \$2,500 tax credit per trainee for companies that provide workforce training to individuals enrolled in the emer-

gency assistance program or staying at an overflow shelter site. The total amount of the credits would be capped at \$10 million a year.

In November 2023, the House approved an additional \$250 million for the program and required the Healey-Driscoll Administration to identify state-funded overflow emergency shelter sites for families on the waitlist. The bill passed March 6 requires those overflow sites to be open daily until at least 9 a.m., and for future overflow sites to be operational 24 hours a day and located in diverse geographic areas.

The bill would continue to require the Administration to provide comprehensive reporting, including details on overflow sites, job training programs, and the number of students in the emergency assistance program enrolled in public schools and other educa-

tion-related reporting requirements. The bill also requires any funds expended for providing food to be subject to a competitive bidding process.

The \$245 million will support the Commonwealth's response to the ongoing humanitarian crisis and influx of families seeking emergency assistance through the end of FY24. It specifically includes:

- \$10 million for workforce training programs
- \$3 million for Family Welcome Centers
- \$1 million for supplemental staffing
- \$1 million for resettlement agencies to connect families with housing and other services
- \$1 million for Head Start programming

In addition to the emergency assistance program reforms, the bill passed today also makes permanent or extends popular pandem-

ic-era reforms. The bill permanently authorizes municipalities to approve outdoor dining requests without further review by the Alcoholic Beverages Control Commission; permanently authorizes establishments to sell alcoholic beverages to go; and permanently authorizes remote reverse mortgage counseling.

The bill also extends for a year a current policy that authorizes senior nursing students and nursing graduates to practice without a license under the supervision of a health care provider.

The Massachusetts House of Representatives passed the bill 121-33. It goes to the Senate for their consideration.



Atlantic Coast Engineering & Surveying LLC

"PROUDLY SERVING THE ENGINEERING, CONSTRUCTION & REAL ESTATE INDUSTRIES."

Our services and capabilities include:

- ✓ Engineering, Surveying & Construction Consulting.
- ✓ Permitting process approval through town, city, state and federal agencies as needed.
- ✓ Site assessments, building feasibility, land development due diligence and analysis.
- ✓ Retaining Walls, Pier/Dock designs and permitting.
- ✓ Raise and reconstruction of existing buildings and homes in flood plain areas.
- ✓ Site plans for proposed buildings, homes, additions, pools and structures.
- ✓ Revetments and erosion prevention structures.
- ✓ Yacht Club Designs and Services.
- ✓ Title 5 Septic Designs, Elevation Certificates, As-builts and COC's.
- ✓ Owner Construction Manager Services.

Quincy/Marina Bay Office

500 Victory Rd. Suite 400, Quincy, MA. 02171

Office: (617) 404-2001

Website: <http://atlanticcoastengineeringllc.com/>

Email: info@atlanticcoastengineeringllc.com

1, 2 or 3 Afternoons a Week

After School Staff

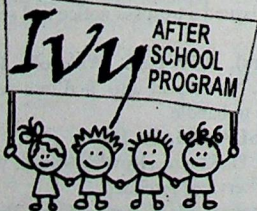
HIRING BONUS!

in North Quincy

Some experience with groups of school age children helpful but not required.

Pay from \$18 to \$23 per hour depending on experience & schedule.

- Must be able to work Noon-5:30 Wednesdays.
- Other 2:00 PM to 5:30 timeslots available.
- Applicants must undergo background check and other requirements.



Typical applicants might be college students, teacher's aides, etc. but we are open to any responsible, caring people who love children.

Email **NOW** with specifics about your background or send resume to:

ivyschoolquincy@gmail.com

*Hiring bonus paid after 3 and 6 months of employment. Other restrictions may apply.

On Tuesday, Feb. 27, members of our Drug Control Unit were conducting surveillance in the West Quincy section of the city. At approximately 4:45 p.m. a detective observed a vehicle with dark window tint traveling on Copeland Street. The registered owner of the vehicle had numerous firearms charges and an open drug charge on their criminal record.

Detectives witnessed what they collectively believed to be a drug transaction in front of a residential address on McDonald Street. Following a conversation with the resident, the involved vehicle was stopped down the road by Willard and Ames Street. The operator admitted to selling marijuana to the resident on McDonald Street.

As a result of the detective's investigation, the operator and two passengers were arrested. The operator of the vehicle was charged with distribution of a Class D substance (marijuana), possession with intent to distribute Class D (marijuana) and conspiracy to violate the Controlled Substance Act. Both passengers were charged with distribution of a Class D substance (marijuana), possession with intent to distribute Class D (marijuana) and conspiracy to violate the Controlled Substance Act. One passenger was additionally charged with possession of a firearm without an FID card, carrying a loaded firearm, illegal possession of ammunition and receiving stolen property (firearm).

Detectives assigned to our Drug Control Unit work daily to remove illegal drugs and illegal firearms from our streets.

Quincy Police Welcomes Two New K-9s To Department

We would like to welcome two new K-9s to our Department. They were trained by Tarheel Canine Training Inc of North Carolina and made the journey up to Quincy last week.

Both K-9s are trained in the detection of narcotics. Officer Paul Foley, one of our senior handlers will be working with K-9 Koda and Officer Josh Walker will be working with K-9 Mylo.

Narcotic detection K-9's have become a key resource assisting our Drug Control Unit as aggressively work to remove these illegal substances from our community.

We continue to lawfully utilize seized assets to procure K-9's and other tools or equipment to arrest and hold drug dealers accountable.

A Job Well Done

By **OFFICER GREGG HARTNETT**
Public Information Officer
Quincy Police Department

The three males arrested were arraigned at Quincy District Court.

Job Well Done!

On Friday March 1, Officers Watkins and McBrien were dispatched to an address on Doane Street, in the Germantown section of our city for the report of a breaking and

entering in progress. When officers arrived, they were told by the caller that there was a male in a second floor bedroom who had been evicted on Feb. 29.

The suspect smashed in the front door, as the locks had been changed. The suspect was located passed out in a second floor bedroom on a couch. He was taken into custody and was charged with breaking and entering nighttime to commit a felony, malicious destruction of property less than \$1,200, interfering with a police officer and one outstanding warrant for disturbing the peace. The suspect was transported to Police Headquarters by Officer Watkins and booked by Sergeant McNeil. He was arraigned at the Quincy District Court.

Job Well Done!



TWO NEW Quincy Police K-9's - Officer Walker & K-9 Mylo (left) and K-9 Trainer Courtney Wright with Officer Foley's K-9 Koda (right).
Courtesy Photo

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, MARCH 1

LARCENY (tools), 7:36 a.m., 1200 Hancock St. Items being stolen from construction site. Larceny report to be filed.

DISORDER (female), 12:33 p.m., Walmart, 301 Falls Blvd. Female in the store throwing things at other customers. Manager states she refuses to leave. Trespassed by manager and sent on the way. Peace restored.

LARCENY (cash missing), 2:01 p.m., 4 Avalon Rd. Cash missing from apartment. Case number provided. Report to be filed.

BREAKING AND ENTERING/PROGRESS (dwelling), 4:51 p.m., 100 block of Doane Street. Caller reports male that was evicted broke into an apartment. One under arrest for breaking and entering nighttime, malicious damage and an outstanding warrant. Report to be filed.

DISORDER (taxi driver), 11:08 p.m., 60 block of Stewart Street. Taxi driver states there is a person refusing to pay for his taxi ride. Peace restored. Driver paid.

VANDALISM/PROPERTY (broken glass), 11:22 p.m., Granite City Electric, 19 Quincy Ave. Glass broken in area. Keyholder secured business. Report to be filed.

SATURDAY, MARCH 2

SHOPLIFT (two suspects), 8:11 a.m., Stop and Shop Supermarket, 65 Newport Ave. One suspect charged with unarmed robbery and resisting arrest. Second suspect arrested for unarmed robbery, resisting arrest, assault and battery and had five outstanding warrants. Report to be filed.

DISORDER (female yelling), 9:44 a.m., Rockland Trust, 301 Quincy Ave. Female was located outside of the bank. She was advised and sent on way.

VANDALISM/PROPERTY (house egged), 12:05 p.m., Kilby Street. Neighbor issue. Officer spoke to all involved. Advised.

LARCENY (possible), 5:14 p.m., Marriott Hotel, 1000 Marriott Dr. Several expensive fishing rods stolen. Report to be filed.

SUNDAY, MARCH 3

DISORDER (two female adults), 12:11 a.m., Marriott Hotel, 1000 Marriott Dr. Peace restored. Sent on the way.

VANDALISM/PROPERTY (vehicle parked), 9 a.m., Wollaston Recreation Facility, 357 West Squantum St. Car drove on golf course causing damage to 17th hole. Schlagers to handle tow. Owner/operator charged with malicious destruction of property over \$1,200. Report to be

filed.

VANDALISM/PROPERTY (car), 10:24 a.m., 2 City View Lane. Smashed window. Report to be filed.

DISORDER (two males arguing), 3:04 p.m., All in One Auto, 635 Washington St. Customer screaming at employee over car wash. Civil matter all parties advised. Peace restored.

LARCENY (stolen bike), 4:40 p.m., Stop and Shop Supermarket, 65 Newport Ave. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 5:48 p.m., 200 Fayette St. Report filed.

BREAKING AND ENTERING/ATTEMPT (dwelling), 5:52 p.m., Rosecliff, 790 Willard St. Apartment in the building broken into. Report to be filed.

DISORDER (drive thru), 9:58 p.m., Wendy's Restaurant, 191 Newport Ave. Peace restored. All involved sent on the way.

MONDAY, MARCH 4

BREAKING AND ENTERING/PAST (commercial), 2:45 a.m., Great Chow, 17 Beale St. Owner was able to secure the building. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (Acura MDX), 9 a.m., Flynt Street. Several items stolen from locked vehicle. Report to be filed.

SHOPLIFT (just fled), 9:04 a.m., CVS Pharmacy/24 Hour, 42 Beale St. Possibly fled towards train station. Suspect detained at Woodbine Street and Chapman Street with possible suspect. Merchandise recovered. The suspect issued trespass notice, advised and sent on the way.

LARCENY (electric gray scooter), 9:34 a.m., 116 East Howard St. Advised. Case number provided.

VANDALISM/PROPERTY (broken car window), 10:33 p.m., Planet Fitness, 50 Adams St. No camera footage. Report to be filed.

DISORDER (two males), 10:35 p.m., Father Bill's Place, 39 Broad St. Two males fighting. Currently staff has them separated. One was intoxicated and transported to an area hospital.

TUESDAY, MARCH 5

DISORDER (customer/staff), 3:23 a.m., CVS Pharmacy/24 Hour, 42 Beale St. Now outside the store. Female suspect gone on arrival. Officer to file a report.

DISORDER (just occurred), 8:15 a.m., 650 Washington St. Lyft driver was assaulted by his passenger. The passenger left the area. Report to be filed.

BREAKING AND ENTERING/PAST (window),

11:44 a.m., 120 block of Centre Street. Curtain road pulled down, window appeared tampered or opening slightly open. Entry was made. Report to be filed.

VANDALISM/PROPERTY (broken fence), 1:28 p.m., 175 Quincy Shore Dr. Panels of fence kicked in. Report filed.

DISORDER (male), 3:31 p.m., Rockland Trust Bank, 495 Hancock St. Party seems confused and demanding money. Checked by EMS. Advised and sent on the way.

SHOPLIFT (male), 4:55 p.m., Home Depot, 177 Willard St. Sent on the way. Advised, store to handle.

LARCENY (stolen purse), 5:23 p.m., Star Market, 130 Granite St. Report to be filed.

DISORDER (road rage), 6:31 p.m., 148 Washington St. Report to be filed. Peace restored.

WEDNESDAY, MARCH 6

SHOPLIFT (just left in car), 12:21 p.m., Walgreen Pharmacy, 132 Granite St. Merchandise recovered. Suspect issued a trespass notice and sent on the way. Store to handle.

VANDALISM/PROPERTY (to lawn), 1:05 p.m., Dunmore Street. Advised.

SHOPLIFT (male), 2:38 p.m., Star Market, 130 Granite St. Suspect issued a trespass and sent on the way. Store to handle.

DISORDER (youths), 3:48 p.m., McDonald's, 473 Southern Artery. Arguing in the dining room. Peace restored. Advised and sent on the way.

DISORDER (fighting), 8:59 p.m., Father Bill's Place, 39 Broad St. One male issued a trespass notice and sent on the way. Advised.

SHOPLIFT (diapers), 9:59 p.m., Walgreen Pharmacy, 418 Quincy Ave. No suspect info, fled in a vehicle towards Braintree. Store to handle.

THURSDAY, MARCH 7

LARCENY (wallet), 11:52 a.m., Rowley Street. Wallet stolen, case number and services provided.

LARCENY (cell phone), 12:37 p.m., Home Depot, 177 Willard St. Misunderstanding phone is to be returned.

RECOVERED/VEHICLE (arrest made), 2:34 p.m., Mount Vernon Street. One under arrest for receiving stolen motor vehicle, possession of Class A (fentanyl), possession of Class B (cocaine) and carrying a dangerous weapon (brass knuckles). Report to be filed.

LARCENY (saw), 3:02 p.m., 270 block of Willard Street. Case number provided. Report to be filed.

Summer Programming, Fall Classes At Learning Center

Cont'd From Page 1

Officials had previously hoped students would be able to move into the new learning center during the current school year. In a recent interview, Supt. Kevin Mulvey said the school would be opening for summer programming in part because of feedback from parents.

"We decided, because of parent feedback as well as practical issues related to the arrival of furniture and the finishing off of the building, that a February start just would not be practical. We're still waiting on some furniture even now and February is almost done," Mulvey said. "So we basically made the determination that we would be starting the DeCristofaro Learning Center with summer programming in the summer, so following the school year. We have to obviously work on staffing for next year."

"What I think is important for people to remember is there really is like two schools within the Rich-

ard DeCristofaro Learning Center," Mulvey continued. "There is the pre-k, which is 19 classrooms, and then there will be the school for students with autism, which will be approximately 11 classrooms we're estimating. Then we will have some room for expansion - we think more so in the non-preschool, the learning center side. We have a total of 35 classrooms, so we would have the ability to expand beyond the 19 preschools and the 11 classes we have reserved right now for students with autism and other disabilities.

"Of course, we would potentially be taking in students as well who have been placed outside of Quincy, say at the South Shore Educational Collaborative. If families want to come back, we would have room for them to come back, so we're kind of waiting to see how that plays out, how many requests there will be to come back. But, we're working on the scheduling for next year and the vast majority

of families we have in the district now who normally would be going out say to a South Shore Educational Collaborative or North River Collaborative or something like that are opting to stay because they've done the tour of the school and they love it and they want to stay in Quincy. So that is already showing very positive signs, which is good."

Some of the staff who will work inside the learning center are already working for the district, whether at the ECC or at one of the city's other schools. The district will have to hire additional staff for the new building as well.

"For the preschool, we already have the staff. That is basically just moving from ECC, the Amelio Della Chiesa Center, over to the learning center. Then for the learning center side, for the students with autism, obviously we have staff already in place for those classrooms we have in district already," Mulvey said. "But, for the expansion we

would be hiring new staff. That includes everything from a new nurse, teachers, to therapists and custodians, food service staff. All that will have to be done prior to the start of school in September."

As part of the transition into the new building, Mulvey said he hopes to name Kerri Connolly, currently the team administrator of the ECC, the principal of the new learning center.

"There will be a principal of the school. It is our intention that the current administrator for ECC would become the principal, but obviously we have to negotiate and sign a contract and all that in order for that to get done," Mulvey said. "But, our intention there is to have Kerri Connolly become the principal because she has done an excellent job at ECC."

The School Committee will determine what happens with the Della Chiesa Early Childhood Center, which is located on Brooks Avenue in South Quincy, once the

learning center opens. Mulvey said potential options include a kindergarten center or using it for additional pre-k classrooms - the district has a waitlist for families looking to enroll their children in preschool.

"Ultimately, that will be up to School Committee, so we have a couple options," Mulvey said of the ECC's future. "They could use it as a kindergarten center if they wanted to and relieve kind of the student population at Lincoln-Hancock for instance or even Marshall. Then, that would allow us to gain more space at Lincoln and more space at Marshall, so that's an option.

"There's 13 classroom spaces at ECC right now, so we definitely would have room to operate either a kindergarten center there or if School Committee wanted to do something else, they certainly can do that. I know the governor is trying to roll out an expansion of pre-k. I'm not sure if School Committee would be interested in that. We are availing ourselves of the pre-k grant... at least for an initial roll out though we're only talking about two additional preschool classrooms there. But certainly School Committee has options for that building."

Discussions about the future of the ECC could begin as soon as April, Mulvey said, but there is no rush to make a decision as the building, which was built in 1992, will likely need to undergo some work once it closes.

"They could discuss that potentially as early as our April meetings, something like that," Mulvey said of the ECC.

"It's not critical that we have that answer by September, because we do have currently the space at Lincoln and we have obviously the learning center. I'm assuming we'll probably want to do some work on ECC as well while it's unoccupied, but that will be up to the mayor of course and the School Committee."

The Lincoln-Hancock and Clifford Marshall schools are currently the only K-4 elementary schools in the city; the other nine elementary schools are all K-5. Mulvey said that while opening a kindergarten center at the ECC could free up space at those two

schools, it likely would not be enough space to move the fifth grade classrooms back from South-West and Point Webster middle schools.

"It would still be tight," the superintendent said. "I think in order for us to do that, we would probably be looking at - and again, this would be up to the School Committee and the mayor - doing something with the St. Mary's property or an addition on the Marshall School or something like that. I don't think the ECC would be enough to allow us to move the fifth grade back, but we'd have to take a look at that."

Mayor Thomas Koch, in an interview in January, said the St. Mary site on Crescent Street in West Quincy is the next priority for the school district, following the construction of a new Squantum Elementary School. In the recent interview, Mulvey said officials have not yet begun working on those plans, but it would likely be used for a new elementary school.

"We really haven't begun analyzing that yet, but certainly the St. Mary site if it did open I think obviously it would be an elementary school," Mulvey said. "How many grades and classrooms we could get in there I think depends upon how big the school will be and all of that. But once we get a definitive on the size and scope, we can start planning on the shifts, because there would be shifts in student population over there from Lincoln, from Marshall, to the new school, and from Montclair potentially too.

"These lines are kind of all over the place right now, but we would have to do kind of a look at that entire area for redistricting for the new school. If we did that, that could potentially - along with the availability of the ECC - allow us to pull back the fifth grade from South-West and from Point, but that would be up to the School Committee."

Quincy's Makeysha Montgomery Mentor For Network For Arts Administrators Of Color Program

The Network for Arts Administrators of Color (NAACBoston), a program of ArtsBoston, announces a new slate (its fourth) comprising 12 regional BIPOC business and cultural leaders who will serve as sponsors and mentors to the group's 2024 class of rising regional arts administrators.

NAACBoston's Sponsorship Program pairs mid-level arts administrators (with four-plus years of experience in the field) with executive-level business and arts leaders who can guide the next stages of their careers. Its Mentorship Program provides professional development programs for junior- and entry-level arts administrators (one to three years of experience) to accelerate their learning with support from mid-level BIPOC arts administrators.

Group leaders say NAACBoston and its programs work to widen the leadership pipeline in Greater Boston's arts and culture sector by highlighting opportunities for professional and personal growth in the field, and enhancing visibility for professionals of color.

Sponsors in this year's program are: Connie Chin, CEO of Global Arts Live; Maria DeJesus, fundraising consultant; Yooree Losordo, Director of Network Operations for PRX; Mayowa 'MO' Osinubi, Principal Owner of Social Glue Media; Mwalim Peters, a Mashpee Wampanoag Tribal Elder and Artistic Direc-

tor of Oversoul Theatre Collective, Inc.; and Daphne Walker, CEO and Creative Director of Canvas Studio Boston.

Mentors for 2024 are: Dimitri Dubuisson, artist and illustrator; Sam Johnson, owner of JustBeSnapshot Photography; Patricia Louidor, Digital Youth Engagement Coordinator at the National Park Service; Quincy resident Makeysha Montgomery, Individual Giving Manager for Emmanuel Music; Mehdi Raoufi, Director of School Programs, Open Door Arts; and Chris Robinson, Co-founder and Vice President of Think Outside The Vox.

The program's sponsees are: Yawa Degboe, Founder of Kids.Think.Arts; Janelle Gilchrist, Artistic Director and Choreographer of Janelle Gilchrist Dance Troupe; Cherline Gene, Founder, The Sip Down, LLC.; Alfredo Muñoz, Director of Marketing for Boston Gay Men's Chorus; AnaCristina Rabines, Ticketing Services Associate at the Huntington Theatre Company; and Adriana Zuñiga, Marketing Manager at Broadway In Boston.

Program mentees are: Damaris Calderon, Community Engagement Manager, Isabella Stewart Gardner Museum; Lumyr Derisier, Principal at Photography By Lumyr; Jeremy Gooden, Internship & Program Manager at EdVestors; Miguel Petris, Community Engagement Coordinator for

Landmarks Orchestra; Olivia Reinebach, Planetarium Music & Arts Presenter/Performer at Museum of Science; and Marcia Williams, CEO of Photosbymarica LLC and Founder of Expressive Art Studios.

NAACBoston Director Ola Akinwumi, who oversees the NAACBoston program, says the Sponsorship and Mentorship Program fosters interaction between the executives and their paired administrators through one-on-one meetings and career counseling, six monthly professional development workshops and panel discussions, and networking events held by the NAAC organization. She says administrator participants also receive access to learning resources and services in a program toolkit.

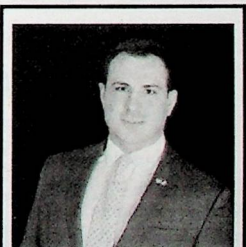
"This year's pairings show the range of talent and experience that make this program both helpful and successful," Akinwumi says. "These relationships provide valuable guidance for the rising generation of arts administrators of color and contribute to our sector's success and advancement."

"NAACBoston's Mentor/Sponsor Program is both unique and needed," says Connie C. Chin, Chief Executive Officer of Global Arts Live (l., courtesy photo). "As Boston continues to see changes in the demographics of its workforce, it's imperative that all industries find ways to mentor

mid-career BIPOC workers. It's especially important for the cultural industry to nurture the careers of these workers; these are people following their passions, often working long hours and for less than their corporate counterparts. I look forward to engaging with my sponsor and others in the program to encourage them to grow in the industry, find work-life balance, and see that a prosperous career can be possible for them."

NAACBoston began in 2016 to provide BIPOC arts administrators with a way to identify and connect with other colleagues of color in their fields and to create a sense of solidarity within the arts sector. Soon after, an online directory was created and quickly adopted by grantmakers looking for new, diverse voices to serve on review panels. A peer-supported listserv came next to share job listings and funding opportunities. NAACBoston grew to more than 500 members in its first five years.

Foundational support for NAACBoston comes from Bank of America, an early program funder. Ongoing funding for the Sponsorship and Mentorship programs comes from the Mass Cultural Council. Additional funders include the Boston Cultural Council, Liberty Mutual Foundation, Shubert Foundation, and an anonymous donor. NAACBoston venue partners for 2024-25 are The Loop Lab and Grub Street.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

QUINT'S
House
of Flowers
Family Owned & Operated
Since 1919
761 Southern Artery
QUINCY
617-773-7620

AGNITTI
INSURANCE AGENCY, INC.
Auto - Home - Business
Life
21 Franklin Street,
Quincy
617-770-0123
Agnittiinsurance.com

Bill Would Limit Emergency Shelter Stays

Cont'd From Page 1

would prefer that the Covid-era policies be split from the bill so lawmakers could take additional time to address the emergency assistance program.

"I'm not sure when the Senate will take it up. Not only is there funding in there for the migrant situation — the emergency assistance program — but there is also some Covid-era things are up against deadlines that are in danger of expiring. For instance, it has to do with hybrid meetings. It has

to do with cocktails to go, outdoor dining; things like that are in there as well. My personal preference would be to bifurcate those items and address those as quickly as possible given there are timelines attached to those and then when it comes to the migrant part of it, I want to do some more work on it," Keenan said.

"The House basically did a nine-month cap on the amount of time that somebody can be in one of the shelters, with an extension of up to three months if

somebody is working or it's a woman who is expecting a child — I believe that's what the language says. My question is, what happens at nine months or a year? What do we do with folks then? And, I'm not sure there is a plan in place.

"I do know from people who are in the business of trying to house people in the EA system it sometimes can take up to two years. So, now all of a sudden we're going to be looking to do it in nine months or a year, they go there, and where do

we put them? The process of getting them a home is rather extensive."

"And then also within the system there are migrants and then there are Massachusetts citizens who have lost their housing who are in the emergency assistance program," Keenan continued. "They are also capped, from my understanding of the language in the House, at nine months and a year. And again, the experience has been from people that it takes upwards of two years to find appropriate housing for somebody who is in the EA system. So I'm not sure how those dates are going to work and I will be looking at that over the course of the next several days to find out is there a different way to do it.

"I understand the logic behind what they're trying to do. The program is an expensive program, particularly with the influx of migrants. We can't keep funding it the way we're funding it. What they did may be the answer. I'm just not sure yet."

Keenan said he was unsure when the Senate would act on the legislation but expects the chamber to move fairly quick on the matter.

"I think there is a sense we have to vote on it fairly soon, because the system is running out of money," he said. "The bill has come over. The Senate could choose to bifurcate, address those other matters first, and

then spend some time on the EA part of it. How long that would take, I don't know.

"Ultimately, to the extent there is any differences between what the Senate passes and what the House passes, then it goes to conference committee."

As demand for the emergency assistance program rose last year amid an influx of migrants coming to Massachusetts, Gov. Maura Healey capped the number of families who can stay in the system at any given time at 7,500 last fall.

When asked if lawmakers had considered limiting eligibility for the emergency shelter system to US citizens, Keenan said doing so would be complicated.

"There had been an effort earlier on to require somebody to have resided in Massachusetts for a period of time before they were eligible for EA. That did not go anywhere. That was an amendment to I think an earlier supplemental budget," Keenan said.

"In terms of US citizens, we have people who are in our EA system who here on green cards, valid visas, would they now be asked to leave? So, that gets into kind of a complicated situation. And, if they did limit it to US citizens, then I guess the question is, is everybody in the system now — the 3,500-plus, almost 4,000 families that are here as migrants in the system, where do they go?

"We are a right-to-shelter state. We are basically capped at 7,500 [families]. So, in essence there is a sign now that says 'the inn is full' but yet nonetheless people are still coming. We had people at the airport; we moved them over to the Cass center, to the East Cambridge courthouse. So even though the word has gotten out, there is no more room under our right-to-shelter program, people are still coming."

When asked if the shelter situation has reached crisis level, Keenan said it is not sustainable at the present.

"It's not sustainable the way it is. And beyond the migrants coming and saying 'is there shelter for me under the EA system,' we have people who might be escaping domestic abuse, a mother with a child seeking shelter under the EA system. We might have somebody who has just been evicted for failure to make rent because they just lost their job that would seek shelter under the EA system. So, it's a combination of both of those," he said.

"But right now, we are at capacity and yet people are coming to Massachusetts and we know that people are still attempting to get into the system due to the rent issues and domestic abuse issues, people who have been here and are citizens of Massachusetts."

Cont'd On Page 15

Charlotte McConville Award Recipient



THE DEBORAH SAMPSON Chapter, Daughters of the American Revolution recently presented the Good Citizens award to Charlotte McConville (right), a student at Quincy High School. Here Charlotte receives her award from Jill Higgins, Chapter Regent. Charlotte not only excels in AP classes but she is very involved in the Quincy High School community. She has served as captain for both cross country and track and field teams, school publications editor-in-chief, and treasurer for the Science National Honor Society. She regularly volunteers for food drives and other charity events around the city. She participates in volunteer work such as raking leaves and spending time with the elders. She intervened for MIT's AEOP Laboratory for Atomistic and Molecular Mechanics and Girls State. Following high school Charlotte plans on attending college with a major in engineering and becoming an officer in the military. She would like to pursue law in graduate school. For more information about the Deborah Sampson Chapter and DAR visit www.deborahsampsonchapter.org or email deborahsampsondar@gmail.com.

Courtesy Photo

Beyond Abigail: Notable Quincy Women & The Hunt To Tell Their Stories March 21

On Thursday, March 21st, at 7 p.m., at the Adams Academy, in honor of Women's History Month, Quincy Historical Society curator Alexandra Elliott will revisit and provide updates on a 2021 program exploring the stories of noteworthy women in Quincy history.

Abigail Adams is, without question, the most famous and influential Quincy woman in history. Her letters are a treasure to historians, a complex and fascinating picture of the mind of a Revolutionary woman,

and an invaluable resource about the experience of women and families during the American Revolution. But she is not the only woman of note to hail from Quincy, Massachusetts. Her light sometimes can obscure the brilliance of these other women also deserving of our attention.

This program will shine a spotlight on some of these other notable Quincy women, such as Anne Hutchinson, Ruth Gordon, and Mary Pratt, and introduce a few

that have not yet received much attention, or that have resurfaced in the past few years, like Molly Dewson and Celestine Dorch. Then, Elliott will outline the ongoing research into women's history at Quincy Historical Society, and some of the ways in which the Society intends to honor these women during Quincy's 400th anniversary celebrations.

This event is free to attend and open to all. The Adams Academy is located at 8 Adams St., Quincy.

Lynch Secures Over \$4.6M In Funding for New Fire Station And Sea Street Improvements

U.S. Rep. Stephen F. Lynch announces he secured over \$4.6 million of funding for the City of Quincy in the final 2024 Consolidated Appropriations Act. The \$460 billion bill, which includes a package of six domestic funding bills, includes over \$4.1 million for the new Quincy Fire Station and \$500,000 to reconstruct traffic signals at Sea Street and McGrath Highway.

The new fire station will be built on Quincy Avenue across from the current fire headquarters on a parcel of land that was purchased a few years ago. Design work is currently underway.

"I give great credit to Mayor Tom Koch and our Quincy delegation for working with Senators Elizabeth Warren and Ed Markey to get this project over the finish line," said Rep. Lynch. "We know building a new fire station in Quincy will

be more cost effective than renovating the current facility and result in a modern state-of-the-art for our courageous firefighters to better serve Quincy's families.

"Additionally, the intersection at Sea Street and McGrath Highway along Southern Artery continues to be a point of congestion that increases traffic. This funding will be used to help replace deteriorating infrastructure by reconstructing the traffic signals to help increase safety and improve traffic flow.

"I am proud of the coalition of federal, state and city leaders that allowed us to secure this federal funding to enable these important projects to proceed, and I am grateful for my partners Mayor Tom Koch and Senators Elizabeth Warren and Ed Markey, for their relentless advocacy to ensure this funding remained included

in the final package."

The 2024 Consolidated Appropriations Act funds 12 community projects in the 8th Congressional District, providing nearly \$12.2 million that will help make residents safer, strengthen our communities, create good jobs, and confront the climate crisis. The appropriations bill has been passed by the U.S. House of Representatives and the U.S. Senate, and will be signed into law by President Biden.

When enacted, the State of Massachusetts will receive an estimated amount of \$175 million in funding from the bill that will support 159 community projects across the Commonwealth. To receive Community Project Funding, an entity must submit a detailed application and demonstrate that its project enjoys strong local support.

QHS History Bowl Team Competes In New England Championships

On Saturday, March 2nd, the Quincy High School History Bowl team competed in the New England Championships, hosted by Scituate High School.

History Bowl is a highly competitive academic sport in which pairs of teams go head-to-head answering challenging history questions about pretty much anything. Teams advance through a bracket, playing increasingly difficult matches. The History Bee is an

individual competition held on the same day.

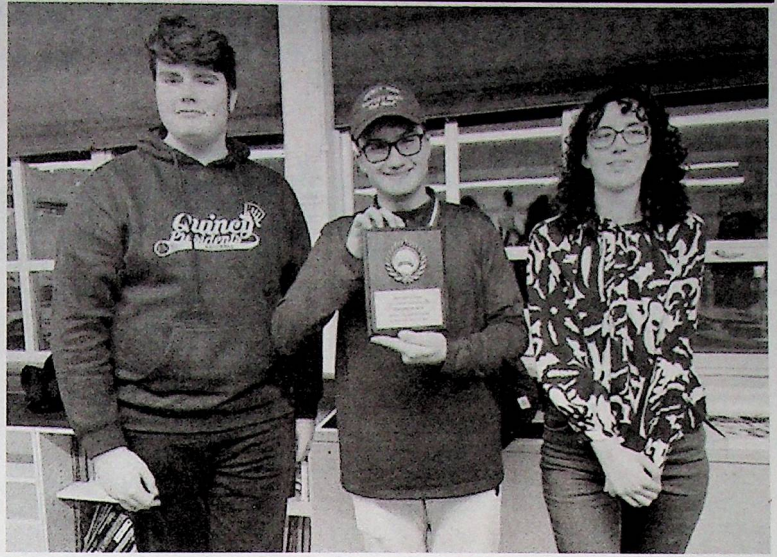
Quincy High's JV bowl team took second place in the competition, narrowly losing to rivals Lexington High in the last minutes of the championship match.

The team consisted of Eddie Giza (sophomore), Ramona Bentzel (sophomore), and Konrad Brown (sophomore). QHS did not field a varsity team this year, as all members are sophomores. The teacher for the

History Bowl team is James Ikeda.

Eddie Giza earned an additional honor at the competition by winning first place in the JV History Bee for the second year in a row.

Both the QHS bowl team and Eddie individually have qualified for the National History Bowl Championships and the National History Bee Championships respectively, to be held in Washington, D.C. this April.



QUINCY HIGH SCHOOL History Bowl Team competed in the New England Championships hosted by Scituate High School March. 2. The team took second place in the competition. Team members from left to right are sophomores Konrad Brown, Eddie Giza and Ramona Bentzel.

Courtesy Photo

Bill Would Limit Emergency Shelter Stays

Cont'd From Page 14

Keenan said it was frustrating that the federal government has not provided states like Massachusetts the resources necessary to address the influx of migrants. Keenan said it was also frustrating that lawmakers in Congress had proposed a bipartisan border bill, which President Joe Biden said he would sign into law, only for it to be killed by Repub-

licans after former President Donald Trump spoke out against it.

"It's very frustrating. In terms of being in tune, I think they're aware of the problem," Keenan replied when asked about the federal government's response. "What's frustrating is they haven't given the resources to states like Massachusetts to help with it."

"Not to get into the poli-

tics of it all, but there was a bipartisan bill that had been negotiated, that had been presented to the House and the Senate, and it was killed before it even got to the floor. And that's frustrating too," Keenan continued.

"One thing that has become pretty clear is that Massachusetts, New York, Colorado, a lot of states have a better understanding of what Texas has been deal-

ing with. That is pretty clear and yet this problem still goes unaddressed at the federal level. Again, they had that bipartisan deal that had been negotiated for quite some time, the president said he would sign it and the former president said 'I'm not interested,' and that was the end of that."

"Joe Biden said I will sign the deal that was reached between Republi-

cans and Democrats; pass it through Congress, put it on my desk, I will sign it," Keenan added. "Donald Trump basically reached out to Republicans and said I don't want to give Joe Biden a win. I want this to be an issue for the fall for the election."

"And you know it's working...[people] are talking about it everywhere I go. So, Donald Trump knows

that this is a good election issue for him and rather than try to solve it, he wants to keep it alive as an election issue. I try to stay away from partisan politics, but as a local official who gets asked all the time, 'what are you going to do, when is enough enough, we can't keep doing this,' it's frustrating knowing there was a deal reached and it was just never allowed to proceed to the House and the Senate."

MA, Resettlement Agencies Partner To Help Families Find Housing, Jobs

The Healey-Driscoll administration last week launched a new partnership with eight resettlement agencies to expand efforts to connect families living in Emergency Assistance shelters with stable housing and jobs.

The funding for this new initiative was included in the supplemental budget passed by the Legislature and signed by Gov. Maura Healey in December 2023. Resettlement agencies will use this funding to support exit efforts from emergency assistance shelter by providing rehousing, employment search, and connecting families to other social services like ESOL and basic needs. The funding will allow the resettlement agencies to place migrant families into permanent housing statewide, helping them to exit shelter or the waitlist for shelter.

"Resettlement agencies

have long played a critical role in helping families in Massachusetts get connected with housing, jobs and other critical resources," said Gov. Healey. "We're grateful to the Legislature for providing this funding to expand their efforts so that we can meet the needs of families in our Emergency Assistance shelter system. Our communities and our economy will be stronger because of this partnership."

"Resettlement agencies bring years of experience to the table of integrating families into towns and neighborhoods across Massachusetts," said Lt. Gov. Kim Driscoll. "They understand what it takes to get a family settled and supported so they can feel at home here, and I look forward to seeing them work with the newest residents of our state."

"I appreciate the work these resettlement agencies continue to do for new fami-

lies in Massachusetts," said Health and Human Services Secretary Kate Walsh. "As these families look to begin the next chapter of their lives here, we will continue to welcome them and integrate them into our communities through the work of partners like the resettlement agencies, community organizations, non-profits and countless others who have shown such generosity toward our new neighbors."

"New arrivals have fled violence and instability in their home countries, seeking safety and security in Massachusetts," said Housing and Livable Communities Secretary Ed Augustus. "The partnership announced today between the state and resettlement agencies will support the unique needs of new arrivals, setting them up for long term success."

"The Office for Refugee and Immigrants is proud to expand our decades long partnership with Massachusetts resettlement agencies to rehouse newly arrived

immigrants" said Office for Refugees and Immigrants Executive Director Cristina Aguilera Sandoval. "We have witnessed the impact of their culturally strategic and dedicated approach to refugee resettlement all across our state. Their staff is uniquely qualified to meet the needs of immigrants who recently chose Massachusetts as their new home and are eager to work and be a part of our communities. We look forward to working in collaboration with them in this new program and building strong pathways to housing stability."

Resettlement agencies receiving contracts are Ascencia Community Services, Inc., Catholic Charitable Bureau of the Archdiocese of Boston, Inc., Jewish Family Service of MetroWest Massachusetts, Inc., Jewish Family Service of Western Massachusetts, Inc., Organization for Refugee and Immigrant Success, Inc., Refugee and Immigrant Assistance Center, Inc., The

Catholic Charities Agency of the Roman Catholic Diocese of Springfield, MA, Inc., and The International Institute of New England, Inc.

"The resettlement agencies are looking forward to partnering with the Healey-Driscoll administration to help exit immigrant families from shelters," said Jeff Thielman, president and CEO of the International Institute of New England. "We have decades of experience resettling refugees in the Commonwealth and look forward to applying that experience to these new arrivals. We applaud the Governor for reaching out

to partners like resettlement agencies to develop creative solutions to the challenges faced by the emergency shelter system. The families we have met through the legal services and case management support we have provided are eager to find apartments and become part of communities in our state."

Resettlement Agencies also have contracts with the Office for Refugees and Immigrants to provide legal services for obtaining work authorization and case management for families who are new arrivals to the US who are in emergency assistance shelter.

Four Quincy Students On Endicott College Dean's List

Four students from Quincy are on the Dean's List for the fall semester at Endicott College in Beverly.

They are:

Lillian Burke, majoring in education, daughter of Carla Burke and Robert Burke.

Pearl Carey, majoring in education, daughter of

Heather Carey and Timothy Carey.

Maggie Lynch, majoring in education, daughter of Maureen Lynch and Michael Lynch.

Alexandra Talarico, majoring in graphic design, daughter of Linda Talarico and Vincenzo Talarico.

Bethany Church Thrift Shop
22 Spear St., Quincy

Clothing and Accessories

1/2 OFF SALE through March 31!

Also, come visit our large assortment of Dish Sets, Cutlery, Pots & Pans, Puzzles, Toys, Games, CD's, DVD's, Books, Personal Items, Sunglasses, Slippers, Linens, Collectible Items, many newly donated Vintage Items & so much more. *We are restocking Daily!*

Thank you to our generous customers for your continued donations!
We accept Cash, Checks, and Debit & Credit cards.

Open Wed. & Sat. 10AM to 2PM - Thurs. 4-7PM



3-17-24
Céad Míle Fáilte!
(a hundred thousand welcomes)

HAPPY ST. PATRICK'S DAY!

CENTURY 21
MARELLA REALTY
367 Washington St.
Braintree MA 02184
617-620-5058
FrancineTobin@gmail.com
FRANCINE TOBIN
Realtor

21



STOP THE STIGMA 5K supporters pose for a photo before the 2023 race. Registration is now open for this year's race, to be held April 27 at the Kennedy Center in North Quincy. Photos Courtesy Katelyn Fay for Interfaith Social Services



STOP THE STIGMA 5K supporter Elizabeth Krogue and her son Theo, of East Weymouth, approach the finish line at the 2023 race. Walkers, runners, strollers and leashed dogs are all welcomed at the event, which will be held this year on April 27 in North Quincy. Registration is now open.

Interfaith's Stop The Stigma 5K Celebrating 50 Years

Cont'd From Page 1

event to focus on stopping stigmas surrounding mental health and addiction while raising funds for their New Directions Counseling Center. Around the same time, they pivoted from the walk-a-thon model to a timed 5K race.

Mental health and addiction remain critical issues in our community and across the nation. According to recent statistics from the National Alliance on Mental Health (NAMI), 1 in 5 U.S. adults experience mental illness each year, with only 47.2% of them receiving the treatment they need. Addiction issues in Massachusetts, including opioid-related overdoses, remain a challenging public health

crisis, hitting record numbers in 2023 according to a recent report from the state Department of Health.

Interfaith's New Directions Counseling Center seeks to address these challenging issues by serving anyone seeking counseling. The Center acts as a safety net for uninsured and underinsured members of the community by offering services on a sliding scale fee system. To further break down barriers to receiving treatment, new clients to the New Directions Counseling Center receive their first four sessions free of charge.

Over the past 10 years, the Stop the Stigma 5K has raised more than \$500,000 to assist New Directions' clients, allowing hundreds

of individuals and families to get the mental health care they need. By participating in the 5K, thousands of local residents have chosen to take a stand against mental health stigmas and support those experiencing mental illness and addiction.

"We are so excited to celebrate this milestone year," said Paula Daniels, director of Development of Interfaith Social Services and Stop the Stigma 5K's Race Director. "We hope to welcome a record number of participants, all coming together to support their loved ones who are suffering as well as raising awareness to the cause. There is no shame in having a mental illness. It is okay to ask for help."

This year's Stop the Stigma

5K will be held Saturday, April 27 at the Kennedy Center in North Quincy. The 5K route winds through the Squantum neighborhood, with picturesque views of the Harbor and Boston's skyline. All participants registering before March 29 will receive a race t-shirt. Registration is open now at StopTheStigma5k.org.

The 2024 Stop the Stigma 5K is sponsored by many generous local businesses, including Anniversary Level Sponsors: Arbella Insurance Foundation and Wulfpac Charitable Funding; 5K Level Sponsors: The Heritage Companies and Summit Energy; Gold Level Sponsors: Beth Israel Deaconess Hospital - Milton, Colonial Federal

Savings Bank, Keohane Funeral Home, New England Medical Group and South Shore Bank; and Silver Level Sponsors: Abington Bank, Bank of Canton, Blue Cross Blue Shield of Massachusetts, the Brain Aneurysm Foundation, Dedham Savings, First Congregational Church UCC of Randolph, FoxRock Properties, IntelyCare, Law Offices of William T. Kennedy, P.C., Lawson & Weitzen, LLP, Massachusetts Convention Center Authority, Point32Health, SIGNET Electronic Systems, South Shore Health and United Healthcare.

This year's event will feature a food truck from Granite Links with coffee and light breakfast & lunch

items for sale, as well as free bagels provided by Gold Medal Bakery & Bagel Boy. Polar Beverages will be donating water for race participants.

Interfaith Social Services provides South Shore residents with the resources necessary to support a healthy and fulfilling life. Their programs include one of the largest emergency food programs in Greater Boston, a mental health counseling center, homelessness prevention program, the Bureau Drawer Thrift Shop and seasonal initiatives bringing joy to children and families in need.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.

Spring Garden Cleanup With Pollinators In Mind

By MELINDA MYERS

Spring cleaning, indoors and out, is a long-standing tradition for many households. But as we learn more about the important pollinators, insect-eating toads, songbirds, and beneficial insects, the more we realize we need to adjust some of our timing and methods.

It is safe to remove winter protection, such as mulch, when the temperatures begin hovering around freezing or your plants are beginning to sprout. Keep some frost protection handy just in case you need to protect any tender plants from a hard freeze.

Always check for frost heaving. When cold winters are interrupted by warm spells, bare soil may thaw and then refreeze. This temperature fluctuation can cause the soil to shift and

push spring flowering bulbs, coral bells, daylilies, and other perennials out of the soil. Just gently push them back in place or reset in the soil making sure the roots are covered.

Wait for temperatures to be consistently above 50 degrees to start cutting back perennials that were left standing. This allows any beneficial insects overwintering in the hollow stems time to emerge and find a summer home.

Cut some of the stems to the ground and some back to 18 to 24" on each plant. These old stems provide summer homes for some of our native bees. As new growth emerges in spring, it will mask the older stems so your garden will look as beautiful as ever.

If you can't wait, stack the stems out of sight un-

til temperatures warm and pollinators have a chance to emerge. Then chop and compost the debris in mid-summer.

Tie or bungy cord tall ornamental grass plants before cutting them back to make cleanup easier. Then use a hand pruner for small jobs or a string trimmer or hedge clipper for larger plantings. Wait for new growth to fill in shorter grasses and simply comb your fingers through the plant removing the old brown leaves.

Leave fall leaves on the soil surrounding the plants to serve as mulch, suppressing weeds and conserving moisture. As the leaves break down, they add organic matter and nutrients to the soil. They also provide homes for beneficial insects and insulate the soil for plants, toads, and more.

Mark the location of perennials like butterfly weed and hardy hibiscus that emerge later than most plants in spring. This helps to avoid accidentally weeding them out. Leave a few stems standing, use plant markers, or next fall plant some spring flowering bulbs near the plants to serve as a colorful placeholder.

Consider leaving some sunny spots bare for ground-nesting bees. Avoid areas like entryways and gathering spots where people and the bees may collide. Although the bees are docile and not likely to sting, people are often fearful leading to their elimination. Setting aside some out-of-the-way spaces for ground-nesting bees allows everyone to co-exist more happily.

This is also a good time to tidy up garden beds and



ADJUSTING YOUR spring cleanup schedule will help pollinators like this bee on an allium flower.

Photo Courtesy of MelindaMyers.com

lawn edges. You'll slow the invasion of weeds and grass into garden beds and lawn encroaching onto walks.

Remove weeds as they appear. The smaller weeds are easier to remove and eliminating them before they flower and set seed means fewer weeds you'll

need to pull in the future.

Take advantage of the delay in spring cleaning by cleaning and sharpening your tools. When the temperatures are right, with tools in hand, you will be ready to get busy in the garden.

Dan Quirk To Receive Francis X. McCauley Community Service Award

Presented At Quincy Lions Annual Gala, April 4th

The Lions Club of Quincy will host its annual fundraiser, 'The Evening for Sight,' Thursday, April 4, at the Tirrell Room, Quincy, the event's Venue Sponsor.

Attendees can expect an evening filled with fun activities, led by Master of Ceremonies, Michael Bellotti, Norfolk County Treasurer, including a 'wine-pull' contest, lottery boards, raffles, and music from DJ Mark McGillicuddy. Tickets are \$75 per person and \$500 for a table of ten. Tickets can be purchased by clicking the 'donate' button on the Club's website at <https://e-clubhouse.org/sites/quincyma/>.

Proceeds from the event will support local Quincy Lions charities for the Lionistic year 2024-2025, including - and not limited to - the Massachusetts Lions Eye Research Foundation, and the Lions Club International Foundation, assisting

visually-challenged people all over the world.

The Francis X. McCauley Award for Community Service is presented annually at this event to a resident, activist or businessperson in Quincy who has demonstrated a commitment to being of service to others and the community consistent with the Lions Club motto, "We Serve." The McCauley award is named in honor of the late Frank McCauley, former four-term Quincy Mayor, and long-time member and president of the Lions Club of Quincy.

The Quincy Lions Club decided that Daniel J. Quirk, because of his tremendous generosity and contributions to Quincy and the South Shore community - often behind the scenes - is most deserving of this award.

Dan Quirk has been in the automotive industry for almost 50 years, since he opened his first dealership



DANIEL QUIRK, CEO of Quirk Motors, will receive the Francis X. McCauley Award for Community Service at the Quincy Lions Club 'Evening For Sight' fundraiser Thursday, April 4 at the Tirrell Room, Quincy. *Courtesy Photos*

in 1977 - a Chevrolet shop in Braintree. Today, he owns and operates 15 dealerships, two parts warehouses and a wholesale used car auction - all located throughout the Greater Boston area and in Manchester, New Hamp-

shire.

In addition to his passion for the automotive trade, Quirk has dedicated a large portion of his life to giving back to the local communities in which he does business. Some of Quirk's



A WINE PULL contest will be among the fun activities at the Quincy Lions' annual fundraiser Thursday, April 4 at the Tirrell Room, Quincy. Tickets to the fundraiser can be purchased by clicking the 'donate' button on the Club's website at <https://e-clubhouse.org/sites/quincyma/>.

community involvements include his part in the South Shore Hospital Presidents Circle, the remodel of the Marshfield Skatepark and his ongoing efforts to support local high school students with his 'Tech Teams,' to encourage trade skills.

"The Quincy Lions board felt that Mr. Quirk is very deserving of this award," said Lucille Cassis, co-president of the Quincy Lions Club. "Time and again, we have seen him step up for City of Quincy and the South Shore Community."

Co-President Serenity Belo agreed. "Mr. Quirk's generosity is apparent in his actions and he personifies the 'unsung hero' characteristic we look for in an awardee," she said.

The Lions Club of Quincy is part of a world-wide, non-political service organization with significant impact on local and global causes, involving primarily the visually-impaired and educational advancement.

Some of the major efforts of the club include the annual competitive speech contest in Quincy Schools, the regular collection of gently-used eye glasses to refurbish for those in need, 'reading

for the visually impaired' on QATV, and a strong partnership with Quincy Public Schools for the "KidSight" vision screening program.

KidSight has screened more than 4,000 students to date, catching many hidden eye problems and saving a child's sight on many occasions. The Club also funds two scholarships annually in both Quincy high schools, and a Toolbox Scholarship at Quincy High for technical education, helping a graduate acquire the tools of their trade.

The Lions Club of Quincy is a 501(c)(3) registered charity (Tax Exempt Number: 04-336189491), and is part of a world-wide, non-political service organization with significant impact on local and global causes, involving the visually-impaired and educational advancement. For more information about the Evening for Sight, visit the website at <https://e-clubhouse.org/sites/quincyma/> or contact the club at quincylionsclub@gmail.com. Correspondence by mail is received at P.O. Box 27 Wollaston, MA., 02170.

Lone Sailor Statue Dedication Aug. 9

By **SCOTT JACKSON**

The city plans to dedicate a Lone Sailor statue along the boardwalk at Marina Bay in August along with a park that will honor Quincy's shipbuilding past and those who have served in the sea services.

The statue, which will be located near the corner of the boardwalk between Port 305 and Siros restaurants, a site that was formerly home to Blue, will be dedicated on Aug. 9. City officials had been eyeing another location in Marina Bay for the statue before moving to the boardwalk based on feedback from area residents.

"We thought we had a location last year," Mayor Thomas Koch said in a recent interview. "The Marina Bay community pushed back on that, so we recalibrated, we took another look and we went in a different direction."

"The Blue is gone....and right now the O'Connells are rebuilding the whole boardwalk, so that construction is going on. The Blue has been taken down. Our team will be working now on the excavation portion of the park and putting foundations in in the next few months."

The Lone Sailor honors those who have served in the Navy, Marine Corps, Merchant Marines and Coast Guard. The life-size bronze statue depicts a petty officer in his mid 20s wearing a pea coat with a sailor's bag by his side.

The original Lone Sailor was unveiled in October 1987 at the United States Navy Memorial in Wash-

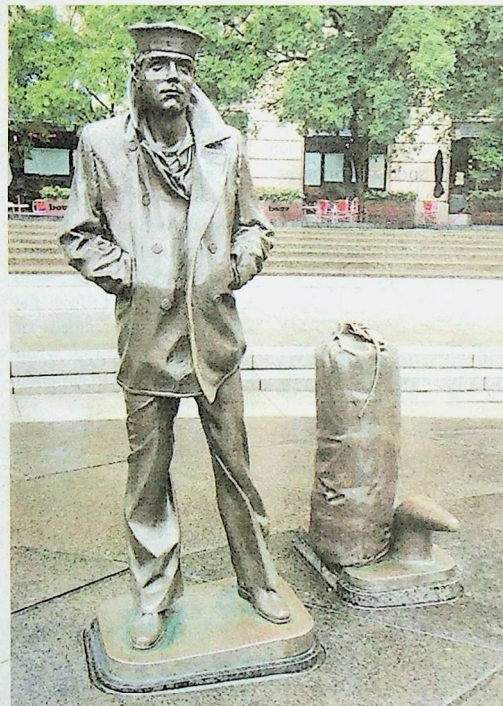
ington, D.C., and 17 others have been dedicated around the world since then in locations like Pearl Harbor; San Francisco; and Norfolk, Virginia. There are two other Lone Sailors in New England, one in Connecticut and the other in Vermont; the one at Marina Bay will be the first in Massachusetts.

In addition, to the statue itself, Koch said the new park in Marina Bay will recognize several admirals from Quincy as well as the city's historic shipbuilding industry, including a bell from the USS Quincy (CA-71), a heavy cruiser that was launched in 1943 and named after another USS Quincy (CA-39) that was sunk the previous year in the Battle of Savo Island.

"We will be recognizing the shipbuilding history of our city. We will be recognizing the USS Quincy's history, because the USS Quincy's bell used to be out here," in the vicinity of city hall, Koch said. "That's going to be part of the new park there, because it's obviously Navy related and the Quincy was built at the shipyard. There were two Quincys. One went down in World War II; 370 sailors died. Then there was a second one put into action and it was decommissioned in the '70s or '80s. Both of them had a pretty good history in the service."

"It's going to be handsome," Koch added. "The idea is to honor those who served in the Navy but also recognize that that location was a naval air station, tell that history bit. That loca-

Cont'd On Page 18



THE LONE SAILOR, a 1987 bronze sculpture, is a tribute to all the personnel of the sea services. The sculpture was created by Stanley Bleifeld, for the United States Navy Memorial in Washington, D.C. Quincy will dedicate a replica statue Friday, Aug. 9 at Marina Bay. *Courtesy Photo*

ROGERS JEWELRY

Trust where you shop. Know what you buy.
Quality & value since 1944.

30% off REGULAR STOCK MERCHANDISE*

40% off ESTATE JEWELRY*

*Excludes our already Discounted Pre-owned Treasures

SALE ENDS March 30, 2024

1250 Hancock St.
Suite 111N
Quincy, MA 02169
617.773.3636
www.RogersJewelry.com

- Estate
- Pawn
- Repair

- Buy
- Design
- Appraise

JOAN'S OLYMPIC GYM
Gymnastics & Dance School

Spring Program
Accepting
NEW Registrations
Sign up NOW
CLASS SIZE LIMITED!

Voted #1 On The South Shore

781-843-9624

An excellent educational environment for your child.
197 Quincy Ave. Braintree
joansolympicgym.com

City Council (8-0) OKs Three New Fire Trucks

Cont'd From Page 1

cludes \$4.3 million for the three new trucks, \$450,000 to equip them, and \$450,000 for building improvements, according to a summary of the purchase provided to city councillors.

During the meeting, Chris Walker, the chief of staff to Mayor Thomas Koch, said the purchase of the three new trucks would help modernize the Fire Department's equipment.

"This is a continuation of the modernization of our fire department," Walker said. "The mayor, with the cooperation of this body and the Fire Department...we've

done a great deal of updating equipment for the Fire Department over the last ten years."

Walker said the bond was brought forward now, instead of later in the spring, because of the long lead time to acquire new fire apparatus.

"The chief and the team at the Fire Department knew what we needed early on this year and we thought it would make sense for us to get before the body a little bit early to give as much time as we can to get these necessary vehicles in service...as soon as possible," Walker said.

Fire Chief Joseph Jackson said the new ladder truck would be a tiller truck, meaning it has a second steering wheel in the rear of the vehicle, allowing the back to move independently of the front, giving it greater maneuverability. It could take about five years for the city to receive the new tiller truck, Jackson said, while the engines have a lead time of about three and a half years.

The fire chief noted city councillors in March 2022 approved the purchase of a new engine, which the department expects to receive in about a year from

now. That new engine will become the new Engine 3, which is based in Quincy Point. The current Engine 3, which has been in service since 2007, would then become the new Engine 6, based in Houghs Neck. The current Engine 6 has been in service since 2005 and would become a spare after it is replaced.

Following the council vote, Jackson said the tiller truck the city will purchase will replace Ladder 1 and will be based out of the new main firehouse on Quincy Avenue, which the city plans to build across the street from the current departmen-

tal headquarters. The city's current Ladder 1 is a 1993 model; Quincy purchased that truck last year from the town of Harwich.

One of the new engines will be become Engine 4, based out of Wollaston, Jackson said; the current Engine 4 has been in service since 2007. The other new engine will likely be designated as Engine 5, which is based out of West Quincy. The current Engine 5 has been in service since 2017.

Ward 1 Councillor David McCarthy said it made sense to move forward with the purchase now, given the lead times for the new apparatus.

"For you to jump on this, I think is a smart move," McCarthy said. "To have these apparatuses at the buildings, the buildings updated, and new equipment for them is always a must in regards to that career."

Councillor Nina Liang asked if the upgrades to the firehouses would be complete before the new apparatus arrived. Walker said that work would be done, because those buildings cannot accommodate the new apparatus otherwise.

In other business on Monday, city councillors approved two home rule petitions, both related to the Fire Department, in a pair of 8-0 votes. As home rule petitions, they must be approved by the state legislature and then signed into law by the governor.

The first home rule petition would authorize and direct the Quincy Retirement Board to declare Kevin Bythrow, a retired deputy fire chief, totally and permanently incapacitated due to Parkinson's disease. Walker said that Bythrow, who retired from the department last year, was exposed to toxic chemicals, including pesticides, while responding to the Home Depot fire of May 1995. The home rule petition further states that Bythrow was among the firefighters who responded to a fire and explosion at the MWRA treatment plant on Nut Island in January 2016.

"Parkinson's disease unfortunately is not covered under the permanent disability laws in Massachusetts for firefighters; we aim to

change that with legislation tonight on behalf of Deputy Bythrow," Walker said.

"In particular pesticides from [the Home Depot] fire have been proven to cause Parkinson's disease. Deputy Bythrow himself would be here tonight except he is at a legislative conference... speaking on behalf of all of his firefighters in the hopes of getting the legislature and the state government to permanently include Parkinson's disease among the environmental risks that firefighters face every day."

Ward 6 Councillor William Harris made a motion to pass the home rule petition during Monday's meeting, rather than send it to committee for discussion at a future date.

"Let's get this done, let's make this happen, it's the right thing to do," Harris said.

McCarthy said the home petition would be a big help to Bythrow.

"As Mr. Walker said in regards to Parkinson's and other issues that have come up with other firefighters, it's a step in the right direction to protect them," McCarthy said. "Kevin put in many years of service and as he retired, he ran into this. It's been quite a journey for the Bythrows. Recently, Kevin is doing a little better, but it's not going to go away. This will really be a big help."

Councillor Noel DiBona said it was important to pass the home rule petition.

"It's very important to approve this. I will also give my full support on this," DiBona said. "Please keep your thoughts and prayers with the Bythrow family day by day."

The second home rule petition approved Monday would allow the city's fire chief to appoint firefighters who retired due to age as special firefighters who would be eligible to work fire details if no active duty firefighters were able to work them.

Walker said the number of fire details in the city has increased in recent years due to the amount of construction that has taken place. He noted retired police officers are currently able to work details through a similar arrangement.

Quincy Concerned Over Moon Island Work

By SCOTT JACKSON

The city of Boston began making emergency repairs to Moon Island Road in recent weeks despite saying no such work would be needed during the ongoing dispute over the planned new Long Island Bridge, Quincy City Solicitor James Timmins said Monday.

Quincy and state officials had to issue stop work orders because Boston did not have the proper erosion controls in place, the city solicitor added.

Timmins briefed city councillors on the recent work on Moon Island Road during their meeting Monday evening.

"[Mayor Thomas Koch] asked to have this placed on the agenda as a result of some activity that's occurred over the last couple of weeks out on Moon Island in particular," Timmins said.

In early February, Quincy received an emergency certification form from Boston relative to the work on Moon Island Road, Timmins said, adding the form was "devoid of detail." Under the field in the form for work to be allowed, Boston wrote "repair of four eroded roadway shoulder areas."

Timmins said Boston's request was "interesting" because Boston has repeatedly said no work would be needed on Moon Island Road during the permitting process for the Long Island

Bridge. The Quincy Conservation Commission in 2018 denied Boston's application to rebuild the bridge in part because Boston did not provide sufficient information about the environmental impact of repairing the roadway. In subsequent appeals before a Superior Court judge and the state's Supreme Judicial Court, Boston continued to assert no work would be needed on the road, Timmins said.

"Boston has consistently denied in court cases that played out after the original permitting process that they're going to do any work on Moon Island roadway, the causeway," he said.

In addition, Timmins said Al Grazioso, Quincy's commissioner of public works, in 2019 reached out to Boston asking for information related to a sewer pipe located under Moon Island Road. Boston never responded to that request, Timmins stated.

Boston sent Quincy the emergency certification form on the afternoon of Friday, Feb. 2, Timmins said. After Quincy received the notice, the item was placed on the agenda for the Feb. 7 meeting of the Quincy Conservation Commission. Nobody from the city of Boston appeared during that meeting, the solicitor said.

Instead of appearing before the Quincy Conservation Commission, Boston reached out to the Mas-

sachusetts Department of Environmental Protection (DEP) on Feb. 8 to seek permission for the work, without notifying Quincy officials, Timmins said.

The DEP on Feb. 15 issued an emergency certificate, allowing Boston to go ahead with the roadwork. In that certificate, the DEP imposed a special condition on Boston, requiring that erosion controls be in place during the roadwork.

"The first thing they were supposed to do was to install erosion controls; wherever they were working, they had to install erosion controls so that the silt and rocks wouldn't run into the Squantum bay on one side or essentially Boston Harbor on the other side," Timmins said.

"They were to begin by doing that and they were to leave the erosion controls in place until DEP said you can remove them now."

Timmins said he and Rob Conlon, Quincy's director of inspectional services, visited the site on Feb. 22, and no erosion controls were in place. Conlon subsequently issued a stop work order and Quincy officials notified the DEP. The DEP on Feb. 29 revoked the emergency certificate, putting a stop to Boston's work until erosion controls were in place. Timmins said he visited the site on Saturday and work had resumed.

"I saw some silt socks," Timmins said, referring to one type of erosion control.

"They're supposed to take those and put those down along the shore line to stop anything from running into the water. They just laid the silt socks out on Moon Island Road and then continued dumping right over it."

Moon Island falls within Quincy's city limits but is fully owned by Boston. The Boston Fire Department's training academy and the Boston Police Department's gun range are both located on the island.

Following Timmins' presentation, Ward 6 Councillor William Harris, who represents Squantum, the Quincy neighborhood closest to Moon Island, said Boston has to follow the same rules any resident of Quincy has to follow when it comes to environmental regulations.

"They live in our boundaries, our territory," Harris said. "They have to answer to our Conservation Commission."

Harris also questioned the timing of Boston's work, given that site a visit to the area is planned for later on in March as part of the ongoing dispute over the plan to build a new Long Island Bridge.

"I still think it's really a pretty bad coincidence that there is going to be a site visit and all of a sudden there is an emergency order," Harris said. "If it smells like pollution, it is pollution. That's as polite as I can be; I could say it another way."

Lone Sailor Statue Dedication Aug. 9

Cont'd From Page 17

tion was also a shipyard, the victory plant in World War I building destroyers which was a satellite of the Fore River Shipyard, so we want to tell that story a little bit. There's a number of stories that are weaved into this that are all related to naval service."

The mayor said the ceremony to dedicate the Lone Sailor statue would be beautiful, but different from the one that took place when the Generals Bridge and Park in Quincy Center were dedicated in September 2021.

"It will be different. It's a different park, it's a different setup, but it will be a beautiful dedication ceremony,

absolutely," he said. "Again, you're working in a number of themes. The Lone Sailor statue, I think we're the 19th in the country, and then the shipbuilding piece, the USS Quincy piece, the admirals piece, and then there's some other notables from Quincy we're probably going to recognize that served."

The statue and related

work have been funding using money Quincy received from the American Rescue Plan Act, Koch said. An additional appropriation of city money be needed for the project, he stated.

"I might have to go to the council for some appropriation," Koch said. "We're still working out the numbers."

I make house calls!



Interior decorating,
home décor sewing,
downsizing/decluttering,
home staging,
decorating seminars

Secretary of the Interior

Creative solutions at reasonable rates
Call Barbara at 617-921-6033
www.sec-interior.com

Quincy Tennis Tourney Winners

The 50th City of Quincy Tennis Tournament concluded after a week of highly competitive play. Credited by USTA New England (formerly known as NELTA) as the longest running tennis tournament in the region, this year's tournament saw a number of repeat winners as well as some first-time champions.

In the Women's Singles bracket, Yulia Houghton broke through to claim her first title after finishing as runner-up in her previous tournament appearance. She faced difficult competitors throughout the tournament, but was able to defeat Emily O'Brien by a score of 6-1, 6-2 in the championship match to take the title.

In the Men's Singles bracket, Shane Lerkvikarn put on a dominant performance, dropping only one game throughout the entirety of the tournament on the way to his 4th consecutive championship. He defeated Jin Zeng by a score of 6-1, 6-0 in the championship match.

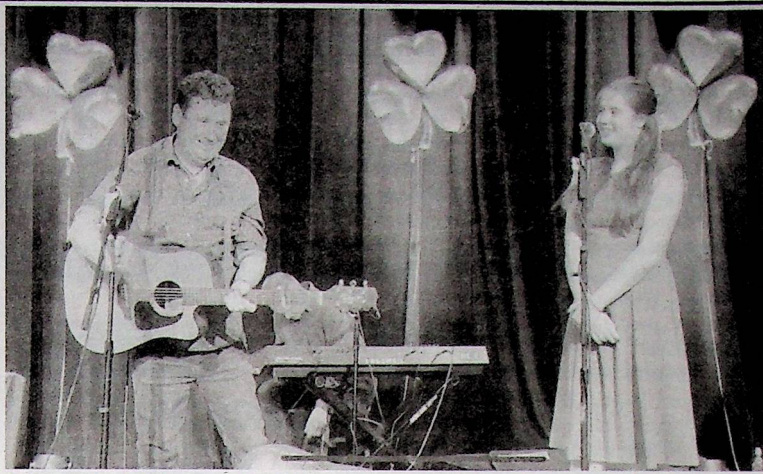
The Men's Doubles bracket saw a great turnout with extremely competitive play in each round of the tournament. Almost every match in the bracket had a set go to a tiebreaker. In the end, Badri Sundaram and Suganth Amuthan were able to outlast the competition and win the title. They defeated Dheepak Sampath and Venkateswarlu Jayakumar by a score of 6-3, 7-6 (6-3) in front of a sizable crowd in the championship match.

After winning the Men's Doubles bracket, Suganth Amuthan also reached the championship match of the Men's 35 and Over bracket. However, he faced an extremely tough competitor in Job Chan, who entered the tournament as a multiple time champion. It was Job who again emerged victorious, defeating Suganth in a closely-contested 6-4, 6-4 match.

Job was not satisfied with only one championship, however, as he also claimed the title in the

Men's 50 and Over bracket. Again, he faced a difficult challenger in Tim Sullivan, but was able to pull away in the 2nd set for a 6-4, 6-0 victory. With the victory, Job took home the Richard Meade Bowl, awarded to the winner of the Men's 50 and Over bracket. The Bowl is named after longtime Quincy Planning Director Richard Meade, who was a past champion in the City of Quincy Tennis Tournament and an advocate for tennis in the city. Sadly, Mr. Meade passed away in August of 2023.

This year's tournament was a family affair, as Sang Lerkvikarn, father of Men's Singles champion Shane, came away with the championship in the Men's 60 and Over bracket. Sang had his work cut out for him, as he faced a pair of strong players in Ken Tarabelli and John Doherty, but was able to make it two championships for the Lerkvikarn family in this year's City of Quincy Tennis Tournament.



DECLAN HOUTON, a member of the well known band Devri, is joined by his daughter Abbi Houton '27, on stage for a memorable performance at a recent benefit concert for the Woodward School. Abbi is a Woodward School freshman.

Photo Courtesy Keith Noble

Devri And Boston Police Gaelic Column Perform At Woodward Benefit Concert

Woodward's freshman Abbi Houton '27 of Brain-tree has been making quite an impact in her first year at the school.

Alongside her academic pursuits, Houton is a Woodward Admissions ambassador and was a key player in Woodward's successful 6-4-2 varsity soccer team. Additionally, she contributed to the varsity basketball team's impressive 14-4 record, helping to lead them to the NEPSAC Girls Independent League (G.I.L.) championship game. She is looking forward to the upcoming softball season that begins next week and about her role as Madame De La Grande Bouche in Woodward's upcoming musical production of "Beauty and the Beast" in May. She also dedicates time after school to dance. When asked about her experience at Woodward, Houton said, "Woodward is a safe space to be yourself and to fall in love with learning new things."

The school's recent enrollment surge, growing by 50 percent over the past two years, has brought about increased transportation needs. To address this, Woodward initiated a fundraiser in December to add a new van to their fleet. Thanks to the generous support of alumni and parents, the fundraiser quickly gained momentum.

During a December basketball game, Woodward parents Declan and Candace Houton 'P27 approached Head of School Alex Magay and asked what they could do to help. Magay proposed the idea of a benefit concert to support the athletic department's van fund. Without hesitation, the Houtons enthusiastically suggested an event in early March.

Declan, a member of the well known band Devri, asked his bandmates if anyone wanted to join him on their day off for the concert and they all volunteered enthusiastically. He also

reached out to his friend Paul Boyle from the Boston Police Gaelic Column of Pipes and Drums, to see if two or three column members might want to join him for the Woodward Concert. When 15 uniformed pipers and drummers showed up at Woodward to perform March 3 at the concert, Declan and the rest of the crowd were smiling from ear to ear.

When asked about his relationship with the Gaelic Column, Declan said, "When I moved to New England in 2000 some of the men in the Gaelic Column would come to see my band. The Gaelic Column asked Declan and some of his band members to perform with them in New York City as guests of the NYPD at a memorial concert for their fifth and tenth 911 Anniversary Concerts backing them with instrumental music on both occasions. For the 15th anniversary, they decided they wanted to do an actual song together with vocals so they selected "Irish Heartbeat" by Van Morrison. The song talks of Home, Togetherness, Support, etc. and a tradition was born and our relationship continued to grow stronger supporting one another at various events over the years."

Irish Dancer Caitlin Haggan and former Woodward Parent Jim Riley 'P02, '09 of Quincy also lent their talents to the event. Abbi Houton '27, Declan's daughter, joined her dad and Devri on stage for a memorable performance. Taking charge of organizing registrations and fundraising were Woodward Family Association (WFA) members Sheila Poshman 'P27 of Quincy and Carrie Coughlin 'P27 of Dorchester, whose dedication, alongside the support of students, parents, staff, Devri fans, and the community, resulted in the sale of over 125 tickets.

The night of the concert

was a lively affair, with Devri kicking off the show with their favorite songs before being joined by the Boston Police Gaelic Column for a few tunes. Declan shared a heartfelt story about his long standing connection with the Gaelic Column, highlighting their mutual support over the years. Abbi then took the stage with Devri, captivating the audience with her voice. Jim Riley later delivered a show-stopping performance, showcasing the renovated stage he helped build during Woodward's extensive renovations in 2020.

Devri's Annual Music Cruise of Boston Harbor takes place on Aug. 17th. The event has helped raise over \$300,000 for Kids with Cancer in the New England Area. For ticket info you can sign up to the bands newsletter via www.Devri-Boston.com/newsletter/.

The band also brings music tours back to Ireland every two years. Email sara@caragrouptravel.com for more information.

Devri returned for the final set, blending traditional Irish songs with hits from the Beatles and a country/folk favorite, "Wagon Wheel," to end the evening on a high note. The crowd, unwilling to let the night end, enthusiastically agreed to do it all again next year!

Head of School, Alex Magay, expressed his gratitude, saying, "A heartfelt thank you to the Houtons and to everyone who contributed to this fantastic community event. The incredible participation from parents and students at Woodward is just one of the many reasons our community is so special."

The fundraiser was a big success and they raised enough money to complete their campaign and purchase their new vehicle and are now ready for the spring athletic season.

1200 Crown Colony Drive In Quincy Now Under New Ownership

FoxRock Properties, a real estate investment, development, and management firm, has acquired the office building at 1200 Crown Colony Dr. in Quincy.

According to deed records posted March 6, FoxRock Properties acquired the office building for \$6 million from Bridge Investment Group. The seller bought the property in 2018 for \$43 million.

The 236,491 square foot building is located in the Crown Colony Office Park, a half mile from the Quincy

Adams T stop and adjacent to the I-93 and Route 3 interchange.

"We think this is an opportunity to own a best-in-class property in a best-in-class city," said FoxRock owner Rob Hale. "We're seeing an influx of organizations that are attracted to the value proposition of being based in Quincy, and growing in Quincy. We are very bullish about the business community and workforce in the city."

FoxRock has already secured leases, and tenants will be made public in the

near future.

The amenities at 1200 Crown Colony Drive combined with the building's proximity to public transportation and highways makes it an ideal location for employers looking to attract and retain top talent. Highlights include: a landscaped patio with soft seating and gas firepits, a renovated atrium lobby with coffee bar, a new full-service cafe, a 2,950 square foot state-of-the-art fitness center, an expansive fireplace lounge, outdoor exercise lawn and ample parking.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, March 14
6:00pm: Bethany Congregational Church
7:00pm: In the Know: Senior Tax Credit

Friday, March 15
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, March 16
12:00pm: Remember the Ladies
2:00pm: QATV Overall Excellence

Sunday, March 17
11:30am: Quincy Point Church Good News
1:00pm: The Call

Monday, March 18
11:30am: LIVE: Currently in Quincy
7:00pm: Quincy College Scholarly Conversations

Tuesday, March 19
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, March 20
6:00pm: Quincy Point Church Good News
7:00pm: The Call

Government Access Channel 9

Thursday, March 14
4:00pm: Board of License Commissioners 3/12
5:00pm: Zoning Board of Appeals 3/12
8:00pm: At the Kennedy Center: Steve Rudolph Trio

Friday, March 15
8:00pm: Media Advisory: Public Safety Headquarters

Saturday/Sunday, March 16/17
9:30am: For Your Health: Smoking
10:30am: Dept Profiles: Diversity, Equity and Inclusion
12:00pm: City Council incl. Public Hearings 3/11
4:00pm: Board of License Commissioners 3/12
5:00pm: Zoning Board of Appeals 3/12
6:30pm: For Your Health: Chronic Disease Prevention
7:00pm: City Council incl. Public Hearings 3/11

Monday, March 18
3:00pm: Concerts @ the Crane: Jeff Snow, Encore
6:30pm: LIVE: City Council

Tuesday, March 19
4:00pm: Board of License Commissioners 3/12
6:00pm: Zoning Board of Appeals 3/12

Wednesday, March 20
6:00pm: LIVE: Planning Board

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Movie Review: 'Demon Slayer: Kimetsu No Yaiba – To the Hashira Training'

By BOB GARVER

NOTE: This Japanese film is available in both "subbed" and "dubbed" versions. This review is based on the "subbed" version - Japanese spoken with English subtitles.

Prior to "Hashira Training," my exposure to the "Demon Slayer" anime series was limited to the 2020 film "Mugen Train." Well, that and all the cosplayers I see every day dressed up in the green-and-black checkered pattern of main character Tanjiro (Natsuki Hanae), but "Mugen Train" was the only media. It should be noted, therefore, that I am not the target audience for this movie. The target audience is people that are already familiar with "Demon Slayer" lore, especially Season Three of the television show. I was largely lost having only seen "Mugen Train," and I can't imagine the difficulty of getting into the series based on this movie alone.

My understanding is that this movie is both the ending of Season Three and the beginning of Season Four. It's like watching two epi-

sodes back-to-back, as opposed to "Mugen Train," which was its own feature between Seasons Two and Three. A recap montage is shown before the action gets underway, including clips from "Mugen Train," but I didn't find it very helpful, except to remind me that Tanjiro's family was killed by demons, save for himself and his sister Nezuko (Akari Kito). Nezuko was turned into a demon and now has to go through life being gagged at all times so she can't feed on human flesh. Tanjiro's mission in life is now to protect people, rid the world of demons, and try to find a way to turn Nezuko human again. At some point he found a village to protect and joined up with some veteran demon slayers, but I couldn't keep the new characters straight.

The action begins at the tail end of a battle between demon Hantengu (Toshio Furukawa/Koichi Yamadera) and Tanjiro and his fellow Slayers, as they protect a village where everyone wears silly masks. Tanjiro is the only one of the good guys not sidelined. He cuts

off Hantengu's arms, but tis but a scratch. He cuts off his head, but it's just a flesh wound. Maybe if he can destroy his heart, he'll call it a draw. Surprisingly, Hantengu is closing in on some innocent villagers he can kill, which will restore his powers. I don't know how he plans to kill the villagers without arms or a head, but apparently it's a very urgent matter for Tanjiro. But day is breaking, Nezuko is outside, and as a demon, she'll likely die if Tanjiro doesn't shield her from the sun. He has an impossible decision to make.

Following the battle and its aftermath, we're introduced to new villain Muzan (Toshihiko Seki), a demon who has waited a thousand years to strike. Recent developments mean that it is finally his time. The Hashira, a conglomerate of the best Demon Slayers, meet to discuss the impending attack. They agree they need an army. Leader Gyomei (Tomokazu Sugita) organizes a program where prospective Slayers can receive accelerated training under the Hashira. And... that's



it. We see early stages of the training where recruits are put through the wringer, but the episode/movie ends before anything can come of it. Also in this segment, two popular characters from "Mugen Train" return for unimpassioned cameos, seemingly just to remind viewers that they're still in play.

"Demon Slayer: Kimetsu No Yaiba: To the Hashira Training" boasts exciting action and characters that would probably be interesting if I could wrap my head around them the way a snake wraps itself around one of their heads. But this

movie isn't for newcomers to "Demon Slayer" or people with minimal exposure like myself. Fans will probably find much of value here, but the film was never able to capture my interest in a way that even "Mugen

Train" could.

Grade: C- (but take that with a grain of salt)

"Demon Slayer: Kimetsu No Yaiba – To the Hashira Training" is rated R for violence and bloody images. Its running time is 104 minutes.



NORTHEAST SPORTS CARD Expo will be held at the Marriott Boston Quincy on Saturday, March 23 and Sunday, March 24. To purchase tickets, visit www.northeastcardexpo.com.

READERS FORUM

Famine In Gaza: An Inhumane Catastrophe

As an Irish American, I have watched the advent of famine in Gaza with grief and frustration. Consider that 500 trucks of food aid entered the Gaza Strip daily because 64% of households were food insecure (per ReliefWeb 3 Dec. '23) prior to the despicable attack by Hamas on Israel. Mass starvation was predictable from the beginning.

An Gorta Mor or The Great Hunger in Ireland (1845 - 1852) was not caused by the Potato Blight as is commonly believed. Yes, the Blight triggered a disastrous collapse of potato harvests in the West and South of Ireland. The Famine itself was the result of years of laissez-faire policies by the British Imperial Government whose refusal to intervene

benefitted the landlords of the absentee aristocracy. Successful harvests of wheat and other food crops were exported out of Ireland all the while even as one million people died of starvation or disease and one million more emigrated.

The current Famine in Gaza is a result of policies by the governments of Hamas, Israel and yes, the U.S. which has sent hundreds of millions of dollars worth of arms and munitions to Israel without conditions. I appeal to Cong. Lynch to hold a Town Hall to explain the U.S. policies behind this inhumane catastrophe and any feasible proposals to end it.

Claire Fitzmaurice
Quincy

Clean Air Advocates Encourage Councillors To Adopt State's Opt-In Specialized Building Energy Code

Letters and reporting in The Sun and elsewhere show that building to the standards of the state's opt-in specialized building energy code (Specialized Code) is not only possible; it is happening in multiple Quincy locations.

Design for the four-story medical building planned for Quincy Center, for instance, meets Specialized Code requirements, according to an information sheet from the building's architects. The all-electric building will boast a state-of-the-art variable refrigerant flow system for heating and cooling, and is designed with a building envelope tight enough to qualify for "passive house" designation—a first for a U.S. medical building. While keeping a tight lid on greenhouse gas emissions, the design also keeps in mind the owner's pocketbook. Because of its climate-friendly design, the building will qualify for government incentives of up to \$2.00 per square foot at the end of construction, up to \$1.50 per square foot more at one-year post-occupancy, and \$1,200 per ton for the heating and cooling system. And the tight building envelope and efficient systems will make it comparatively inexpensive to operate.

The new Quantum School will also benefit from government incentives—\$900,000 over and above the usual funds from the state's School Building Authority. To qualify for the bump-up in the state's contribution, the school has been designed to meet Specialized Code performance standards, with a tight building envelope and geothermal heat pumps.

More good news arrived with last week's Sun, which reported that the Planning Board has approved a new mixed use development for McConville Way whose residential

spaces will be all-electric, using super-efficient heat pumps for heating and cooling.

Sadly, these examples are far from the rule for construction in Quincy, where many new projects use natural gas for functions like heating, water heating, cooking and clothes drying, saddling future occupants with outmoded, polluting building systems. Why are so many new buildings in Quincy designed to use gas? It certainly isn't a matter of cost. When you factor in generous Mass Save utility and government incentives, all-electric buildings are substantially cheaper to construct, as a half dozen building professionals pointed out in their recent letter to The Sun. More likely, it's just the human tendency to do things the way they've always been done—a tendency we no longer can afford to indulge in a world that faces massive flooding, out-of-control wildfires, and killer heat waves.

If it takes a little nudge to get some building designers and contractors to consider the advantages—to them, their clients, and the planet we all live on—of building according to the Specialized Code, I say so be it, and the sooner, the better. Neither the mayor nor the voters can provide that nudge, however. According to state law, this decision is up to our city council, and them alone. That's why climate and clean air advocates, of whom Quincy has many, have been meeting with their councillors and asking them to vote for the Specialized Code before more outmoded, polluting buildings go up in this city.

Sincerely,

David Reich
Quincy

Sports Card Expo At Marriott Boston Quincy March 23-24

One of the largest sports card and sports memorabilia shows in the Northeastern United States is returning to Quincy, where the show began in 2022.

The next edition of the Northeast Sports Card Expo will take place at the Marriott Boston Quincy on Saturday, March 23 and Sunday, March 24. This is the fourth time the Expo has been held in Quincy. Tickets are now available.

Spanning 26,000 square feet of exhibition space, the family-friendly event will feature 180 vendor tables, celebrity autograph guests, card grading services, and daily event hosts, the show offers a diverse range of experiences. Attendees can look forward to meeting celebrity autograph guests and Boston-area sports mascots, participating in prize raffles, and exploring a vast collection of new and vintage sports cards, alongside sports memorabilia, non-sports cards, Pokémon, toys, collectibles, and much more.

Celebrity autograph guests appearing in person include former NHL All-Star and U.S. Olympian Tony Amonte, former Boston Red Sox player Chico Walker, former New England Patriots player Jon Williams, former Boston Bruins players Shawn McEachern, Kevin Stevens, John Carter and Reggie Lemelin and more. Attendees with paid admission will receive free autographs of Carter, Walker and Williams.

Award-winning artist and South Shore resident Rich Pellegrino designed the official commemorative poster for the event. The first 200 attendees on each day of the show will receive a free high quality print of the poster.

The Northeast Sports Card Expo will be hosted by two Boston-area radio and podcast veterans. Day one will be hosted by Mike "Sarge" Riley, and Day two will be hosted by Jason Rossi.

Admission to the Northeast Sports Card Expo is \$12 each day of the event. Kids under 12 will have free admission. The Marriott Boston Quincy is located at 1000 Marriott Drive, Quincy. Free parking for the first three hours.

For more information about the Northeast Sports Card Expo, including to purchase tickets, visit www.northeastcardexpo.com.

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
J.F. ROOFING Co. QUINCY, MA • Shingles • Rubber • Slate • Copper • Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED	 Jim Riley Riley Construction Commercial & Residential Roofing All Phases Windows and Gutters Quincy, MA 02169 (617) 472-3335 rileyconstruction@live.com Licensed & Fully Insured Mass Reg #138824 Free Estimates	 Landscaping by Hall Est. 1981 Beautiful walkways, patios, retaining walls, stairs, railings, fire pits & outdoor kitchens laid to perfection. Also custom driveways and drainage, fencing & gates built and installed. Full property makeovers offered as well.			

THOMAS C. SWEENEY Smaller Jobs a Specialty 35 Years Experience Carpentry, Siding, Painting, Porches Vinyl/Windows, Doors Roofing, Decking, Steps License #1373 Free Estimates Reliable 781-974-4434 References	DG'S YARD MAINTENANCE • LAWN MOWING • Mulching, Weeding & Edging • Small Tree Removal • Hedge & Shrub • Overseeding/Sod • Trimming or Removal • FULLY INSURED • Rototilling & Dethatching <i>Serious about Service</i> CLEAN-UPS 617-786-9558...FREE ESTIMATES	Bill Hall 617-696-5515 www.hallscape.com Prune Japanese Maple Trees before they leaf out • Hand tool Methods • MA Certified Horticulturist Ben Houston 508-405-5046 Daylight.Pruning@yahoo.com HERITAGE PAINTING CO. 617-905-5755 Interior - Exterior Power Wash - Wallpaper Local Company KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592
HELP WANTED DG's YARD MAINTENANCE HELP WANTED Contact Dana (617)786-9558	REPORT POTHOLES Potholes are a year-round problem and should be reported to the Department of Public Works 617-376-1914	PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA PERSONAL Thank you for being the best Newspaper in the city. MISCELLANEOUS NOTARY PUBLIC Call 617-285-2414 Or Email FCRTEK@MSN.COM To set an appointment. Will meet you.

Want to pick up a copy of The Quincy Sun?

Here are stores in Quincy that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	DAILY MART 291 Quincy Ave.	7-11 Copeland St.	STOP & SHOP 65 Newport Ave.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	WALGREENS 418 Quincy Ave.	JOE'S PLACE 260 Centre St.	7-11 363 Hancock St.
HANCOCK MARKET 1520 Hancock St.	WALGREENS 550 Adams St.	CORNER FOOD MARKET 1060 Hancock St.	WALGREENS 324 Hancock St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	ARTERY GROCERY 1000 Southern Artery	DB MART 200 Sea St.	SAM'S VARIETY 125 Billings Rd.
STAR MARKET 130 Granite St.	7-11 495 Washington St.	ADAMS SHORE SUPERMARKET 494 Sea St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
WALGREENS 132 Granite St.	DAIRY FARM 330 Washington St.	PALMER ST. MARKET 231 Palmer St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
FRANKLIN ST. BP 60 Franklin St.	QUINCY MARKET 33 Washington St.	BERNIE'S GENERAL STORE 1147 Sea St.	CARMINE'S CAFE 69 Huckins Ave.
7-11, 78 Franklin St.	7-11 230 Washington St.	7-11 721 Hancock St.	7-11 751 E. Squantum St.
SHOP N SAVE LIQUORS 20 Independence Ave.	STOP & SHOP Southern Artery	CVS 42 Beale St.	LUCKY SHAMROCK 265 Beale St.
DONUT + DONUTS + MUFFINS 33 Scammell St.	7-11 650 Adams St.	EVEREST MARKET 121 Standish Ave.	5 CORNER FOOD MART 163 Newbury Ave.
PRESIDENTIAL LIQUORS 25 Scammell St.	VILLAGE COMMON MARKET 100 Willard St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.	WEST ELM VARIETY 139 W. Elm Ave.
ADAMS VARIETY 22 Independence Ave.	COPELAND LIQUORS 273 Copeland St.	SUPREME LIQUORS 615 Hancock St.	
	GRANITE MART 308 Willard St.	SQUANTUM MARKET 205 W. Squantum St.	

The Quincy Sun

CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

RATES	INDEX
1 WEEK	☐ Services
2-4 WEEKS	☐ For Sale
5-10 WEEKS	☐ Autos
11 WEEKS OR MORE	☐ Boats
	☐ For Rent
	☐ Wanted
	☐ Help Wanted
	☐ Work Wanted
	☐ Pets
	☐ Lost & Found
	☐ Real Estate
	☐ Antiques
	☐ Flea Markets
	☐ Yard Sales
	☐ Instruction
	☐ Day Care
	☐ Personal
	☐ Miscellaneous

☐ \$9.00 for one week, up to 20 words, 10¢ for each additional word.

☐ \$8.00 per week up to 20 words for 2-4 weeks of the same ad, 10¢ each additional word.

☐ \$7.50 per week, up to 20 words, for 5-10 weeks of the same ad, 10¢ for each additional word.

☐ \$7.00 per week, up to 20 words, for 11 or more weeks of the same ad, 10¢ for each additional word.

☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION:

DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Iris J. Perry, 96

Iris J. (Francario) Perry, age 96, of Portsmouth, N.H., formerly of Mashpee and Weymouth, died peacefully, Sunday, March 3, 2024 at Wentworth Senior Living in Portsmouth, N.H., in the comfort of her loving family.

Iris was born in Braintree, to the late Nunzio and Alice J. (Tesolini) Francario. She was raised and educated in Quincy and attended Quincy High School.

She lived in New Hampshire for the past eight years, previously in Mashpee for twenty-four years, and earlier in Weymouth for many years.

Iris worked for the former New England Telephone and Telegraph Company, later Verizon, for over twenty-five years. She began her career as an accounting clerk on Upland Road in Quincy before rising to Supervisor and finally, Accounting Manager in Boston.

In her retirement, Iris discovered her green thumb working in the greenhouses at Burr Farm in Brookfield, Conn., Attaquin Acres in Mashpee, and Cape Cod Wholesale Nursery in Waquoit. She applied the same standard of cleanliness and care to the greenhouses and



IRIS J. PERRY

flowers she tended – especially the geraniums – as she “famously” applied to her meticulously clean and organized home.

Iris was dedicated to her family. She was especially proud of her grandchildren and great grandchildren, actively supporting their activities and accomplishments.

Beloved wife of the late John R. Perry, a good and kind man, who served honorably in the U.S. Navy during World War II in defense of American values and whose service-connected death limited their lives together to a mere seventeen years.

Devoted mother of Robert J. Perry and his wife Carol (Cusick) of Strafford, N.H., and Leslie Perry Blank and her husband Robert of

Norwalk, Conn.

Loving grandmother of John R. Perry and his wife Wendy (Cote) of Strafford, N.H., Stacy Ann Maguire and her husband Michael of Kissimmee, Fla., Christopher R. Blank of Billerica, and Nicholas P. Blank and his wife Jessica (Colangelo) of North Grafton.

Cherished great grandmother of Mackenzie Hurst and her husband Mark, Casey Maguire and his wife RyAnne, Ryan Perry, and Lily Marie Blank.

The last of three siblings, she was predeceased by her brothers, Tullio Francario and Aldo Francario.

Funeral Services were conducted at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday, March 8. Interment Mount Wollaston Cemetery, Quincy.

In lieu of flowers, donations in Iris' memory may be made to New Hampshire Public Radio, P.O. Box 9645, Manchester, NH 03108-9645 or the Boston Gay Men's Chorus, 539 Tremont St., Boston, MA 02116.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Peter T. Igoe, 81

Peter T. Igoe, 81, of Quincy formerly of South Boston, died Feb. 27, 2024 following a short but courageous battle with Glioblastoma.

Born in Boston, Peter was the youngest of three sons born to the late John J. and Rosella (Cornwell) Igoe. He was raised in Southie, and attended South Boston High School. In his senior year Peter quit and joined the US Air Force where he proudly served overseas and was stationed in Korea for much of his deployment. He was honorably discharged May 22, 1963 with the rank of Airman First Class.

Following his service to our country – and assisted by the G.I. Bill – Peter attended Fisher College where he received an Associates Degree. For the nearly 30 years that followed he owned and operated Peter's Pub in South Boston.

After leaving the bar



PETER T. IGEOE

business Peter began working in the Suffolk County Sheriff's Office in an administrative position, retiring in 2002.

Peter enjoyed socializing and his happiest times were those spent in the company of his loving family and dear friends. He was the devoted husband of 46 years

to Yvonne (Visconti) Igoe. Loving father of Christopher Igoe, Michelle Igoe and Vanessa Igoe, all of Quincy. Cherished grandfather of Patrick and Mikenzie Igoe. Dear brother of John Igoe of Quincy and the late James Igoe. Brother-in-law of Nancy Igoe of Dorchester. Also survived by many nieces, nephews, great nieces and nephews, and dear friends including his best friend of 70 years, Thomas E. “Taz” Flynn of Quincy.

Visitation was held Friday, March 8, 2024 at Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy, during which a Prayer Service was celebrated. Burial with military honors followed at the Massachusetts National Cemetery, Bourne. For more information or to leave online condolences for the family visit HamelLydon.com.

Patricia M. DiTullio, 84

Patricia M. (George) DiTullio, age 84, a lifelong resident of Quincy, died peacefully, Tuesday, Feb. 27, 2024 at South Shore Hospital in Weymouth, surrounded by her loving family.

Patricia was born in Worcester, a daughter of the late Agnes K. (Nahas) George and step daughter of the late George E. George. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1957.

Patricia was employed as a controller for the former Atlantic Appliance Parts in Quincy for over thirty years. She had been retired for a number of years. Prior to her work at Atlantic, she worked from home while raising her children baking cakes, making clothes, and sewing drapes. She was an entrepreneur.

She was a former member of the Sons of Lebanon Club in Quincy.

Patricia enjoyed traveling. She was a talented cook, baker, and also enjoyed crocheting and knitting. She al-



PATRICIA M. DITULLIO

ways made time to spend with and support all of her family, neighbors, and friends. She was devoted to her family, especially her grandsons, actively supporting their many activities and accomplishments.

Beloved wife of the late Edward C. DiTullio.

Devoted mother of Edward C. DiTullio, Jr. of Weymouth, Michael A. DiTullio and his wife Cheryl of South Weymouth.

Loving grandmother of Michael J. DiTullio and his fiancée Cara Bruno, and Bren-

dan R. DiTullio.

Dear sister of the late Robert A. George and his surviving wife Jane of Duxbury. Proud, loving, and supportive aunt of their children: Timothy, Brian, and Devin.

Patricia is also survived by many nieces, nephews, and their families whom she loved dearly.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday, March 15, from 4 – 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated in Saint Joseph Church, 550 Washington St., Quincy, on Saturday, March 16, at 10 a.m. Interment to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Patricia's memory may be made to Saint Joseph Church, c/o 556 Washington St., Quincy, MA 02169.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Jeannette Mattie, 85

Jeannette Mattie (Foley), 85, of Jefferson City, Missouri passed away on Sunday, Feb. 25, 2024 at her home in Jefferson City, Missouri. She was born on Dec. 21, 1938 in Quincy, Massachusetts to the late Robert and Jeannette Foley. Jeannette was a 1956 graduate of Quincy High School. She earned her undergraduate and Master's degrees at Webster University in St. Louis, Missouri. She was a Vice President of Human Resources at CitiGroup in St. Louis.

Jeannette was preceded in death by her son Edward R. Mattie. She is survived by her husband of 66 years, Michael E. Mattie; Her sons



JEANNETTE MATTIE

Michael (Michelle) Mattie of Columbia, Missouri and Christopher (Kathy) Mattie of St. Louis, Missouri; her daughters Lisa (Patrick) Masek of Wardsville, Missouri and Suzanne (David)

Glazer of McCordsville, Indiana; Daughter-in-law Valerie Mattie of Overland Park, Kansas; sisters Mary Johnson of Quincy Massachusetts, Barbara Kelly and Margaret Strange of Maryland, sister-in-law Mary Post of Quincy, Massachusetts; twelve grandchildren and twelve great-grandchildren.

Friends will be received on Saturday, March 16, from 10 am until 11 a.m. at St. Stanislaus Catholic Church in Wardsville, MO. A mass of Christian Burial will follow at 11 a.m. Entombment will take place at the St. Stanislaus Mausoleum immediately following.

Anne Marie Patten, 87

Anne Marie (Fair) Patten, 87, of Wareham, passed away on February 24, 2024, at Royal Cape Cod Nursing & Rehabilitation Center, Buzzards Bay. She was the wife of Richard K. Patten and the daughter of the late James and Florence (Morse) Fair.

She was born and raised in Quincy. She then lived on her boat in Quincy Marina for 5 years. Later, she lived in East

Bridgewater and Rockland before moving to Wareham. She graduated from Quincy High School.

Mrs. Patten worked as a Medical Secretary at Carney Hospital in Dorchester for 37 years before retiring. In 1964 she and her husband began Patten Trucking and Quincy Truck Leasing.

Mrs. Patten was a member of Quincy Yacht Club and St. Patrick's Church in Wareham.

Survivors include her husband of 70 years, Richard K. Patten; a son, Richard Patten and his wife, Gayle of Quincy; a brother, John Fair and his wife, Lucy of Quincy; a sister-in-law, Joan Klaus of Quincy; 5 grandchildren, Kevin, Andrew and James Patten, Laura and David Har-



ANNE MARIE PATTEN

shorn; 8 great grandchildren. She was the mother of the late Linda Harshorn.

Her funeral was held privately.

Arrangements are by Chapman Funerals & Cremations – Wareham, 2599 Cranberry Hwy., Wareham.

Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884



NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

John T. Willis, 57

John T. Willis, age 57, of Quincy, passed away, Saturday, March 2, 2024.

John was born in Boston, on May 3, 1966. Raised and educated in Dedham, he was a graduate of Dedham High School, Class of 1984.

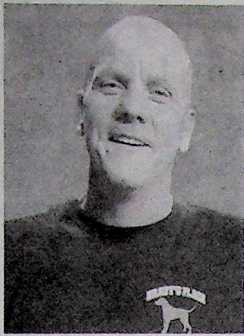
John was loved by many and will be missed by more.

John is survived by his daughter, Nicole, her husband Mark, their son, Miles, and Nicole's mother, Susan Willis.

John is survived by his son, John T. "JT" Willis, and JT's mother, Christy Hartford.

Son of George J. Willis and his wife Suzanne of Norfolk, and the late Helen A. (Manning) Alibrandi.

Brother of Joanne McCarthy of North Attleboro,



JOHN T. WILLIS

Susan Jacobson and her husband Bruce of Norfolk, and his best friend and lifeline, George Willis, Jr. and his wife Lisa of Braintree.

Uncle of Mac Jacobson and his wife Alyssa of Braintree, Brian Willis and his wife Eileen of Quincy, Kayla McCarthy of Cumberland, R.I., Alyssa Willis

of Braintree, Kathryn and Gregory Jacobson of Norfolk, and Derek McCarthy of North Attleboro.

Brother-in-law of Kevin McCarthy of Dedham.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday, March 8. At the request of the family, funeral services and interment will take place privately.

In lieu of flowers, donations in John's memory may be made to an organization John felt strongly about, the Bubba Strong Charitable Fund, 16 Stop River Rd., Norfolk, MA 02056 or www.bubbastrong.com.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

James A. Bernardi, 68

James A. Bernardi, age 68, of Pembroke, died peacefully, Monday, March 4, 2024 at Brigham and Women's Hospital in Boston, in the comfort of his loving family.

James was born in Boston, to the late Battista and Felicita (Selvaggio) Bernardi. Raised in West Quincy, he was a graduate of the former Don Bosco Technical High School in Boston. He earned an Associate degree from MassBay Community College.

Jim lived in Pembroke for twenty-three years, previously in Weymouth, and earlier in Quincy.

Jim was employed as a realtor and was associated with eXp Realty for the past five years. Prior to that, he was associated with Kelley & Rege Properties, Inc. As a young man, Jim taught Business English at Time Life Magazine and the Mitsubishi Corporation in Osaka, Japan, where he met his wife,



JAMES A. BERNARDI

Keiko.

A man of faith, Jim was an active member of the Pilgrim Reformed Bible Church in Plymouth. He was also active in the John Birch Society and the National Rifle Association.

Jim had a passion for food. He also had a deep interest in history, Japanese culture, and was fluent in Japanese.

Beloved husband for forty years of Keiko (Morishita) Bernardi.

Devoted father of Anthony J. Bernardi and his wife Catherine of West Roxbury.

Loving grandfather of Colette E., Pia M., and Valerie V. Bernardi.

Dear brother of Mary Davidson of Brockton.

Jim is also survived by his sisters-in-law, Nobue Morishita and Kayoko Kawakami of Japan, as well as several nieces and nephews.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Monday, March 11. Funeral Services were conducted at the funeral home on Tuesday, March 12. Dr. Robert J. Burrelli, Jr., Pastor of the Pilgrim Reformed Bible Church in Plymouth, officiated. Interment followed at Pine Hill Cemetery, West Quincy.

For those who wish, donations in James' memory may be made to the Pilgrim Reformed Bible Church, 363 Court St., Plymouth, MA 02360.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Ralph E. Frazier, 84



RALPH E. FRAZIER

Ralph Edward Frazier, of Kingston, formerly of Duxbury and Quincy, died peacefully at his home on Monday, March 4, 2024. He was 84.

Ralph was born in Quincy on May 25, 1939 and was the son of the late Ralph S. and Ellen E. (Kuja) Frazier. He was raised in North Quincy, attended local schools, and graduated from North Quincy High School. Ralph continued his education at Boston University on a full scholarship to play football. He earned his undergraduate degree there, and later pursued his master's degree in education administration and a certificate of advance graduate studies at Northeastern University.

Ralph's career was in education as both an educator, coach, and athletic director. He loved his profession and all of the relationships he built throughout the years. He taught and coached in Miami, FL, Medway, North Quincy, Duxbury, MA and at Northeastern University. Ralph was the Athletic Director for the Silver Lake Regional School District in Kingston, MA from 1985-1999. He retired in 1999 after 38 years of service.

Ralph was a devoted husband, father, teacher, coach, and friend. He was a respected, structured, dedicated and a no-nonsense kind of man. Ralph valued his friendships and family more than anything and treasured the time he spent with them.

Ralph and his wife have had season tickets to the New England Patriots for the last 29 years, particularly enjoying the Brady years. He and his wife enjoyed traveling to Maine, Nova Scotia, and Prince Edward Island camping in their pop-up camper. Among Ralph's favorite vacations were their cruises to Alaska and the Baltics. Ralph loved spending his winters in Ft. Myers, Florida and he was the most happy when he

years. He was preceded in death by his first wife, Sheila A. (O'Keefe) Frazier, who died in 1985. Ralph was the devoted father of Suzanne F. Levasseur and her husband Louis of Duxbury, Kathleen A. Hansen and her husband Kurt of Quincy, Glenn M. Frazier and his wife Allyson of Duxbury, and Julia L. Medina and her husband Roberto of Holbrook. He was the loving grandfather of Lauren and Sophia Levasseur, both of Duxbury, Cooper and Jesse Hansen, both of Quincy, Lucy, Hank, and Hazel Frazier, all of Duxbury, and Elias Medina of Holbrook. Ralph was the dear brother of William Frazier and his wife Leslie of North Andover, the late Helen Lynch and her surviving husband Charles of Stoughton. He was the dear brother-in-law of Steven Lesht and his late wife Barbara of Illinois, Maureen Sullivan and her late husband James of Plymouth, and the late Arthur Curran and his late wife Ethel. Ralph is also survived by many loving nieces, nephews, cousins, extended family members and friends.

Visiting hours were held Sunday, March 10, 2024 in the Keohane Funeral Home, 785 Hancock St., Quincy.

His funeral service was celebrated on Monday, March 11, 2024, in Keohane Funeral Home, Quincy.

Services concluded with interment in Mayflower Cemetery, Duxbury.

In lieu of flowers, memorial contributions may be sent in Ralph's name to the North Quincy Principal Scholarship Fund, C/O Mary Devlin, 316 Hancock St., Quincy, MA 02171 or Norwell Visiting Nurse Association & Hospice, 120 Longwater Dr., Norwell, MA 02061, please specify the donation for hospice in the memo line.

See www.Keohane.com for directions and online condolences.

Bonnie J. Ray



BONNIE J. RAY

Bonnie J. Ray passed peacefully Feb. 16, 2024, at Hancock Park in Quincy. She was one month shy of her 80th birthday.

Born to the late Thelma Goodwin and John Ray. A lifelong Quincy resident raised by John and Adeline Ray. She loved the Red Sox, scratch tickets, playing card games and bingo with her friends at 125 Granite Street and with her newfound friends at Hancock Park. At 125 Granite St. she had an annual Christmas tree Decorating potluck where several tenants and friends would participate. Christmas was

She was the loving mother of the late Johnny Peterson, who died young of Cerebral Palsy. She is survived by her sisters; Betti Haskell and husband Ron of CA. Alice Moles of TN and her late husband David, Beverly Ray and brother-in-law Ted Boyle of Quincy and brother Fred Ray of TN. Proud aunt to Sandra Ray and Wendy Sherfield and great aunt to 7 nieces and nephews.

Bonnie was a big supporter of St Jude's, the ASP-CA, and Quincy Animal shelter.

her favorite holiday and she loved decorating for it and giving gifts. Bonnie was a proud three-time winner of the annual Quincy Christmas parade theme contest.

Ferdinand F. Poluzzi, 95

Ferdinand F. "Frankie" Poluzzi, age 95, of Weymouth, formerly a longtime Quincy resident, died peacefully, Monday, Feb. 16, 2024 at Care One at Weymouth, in the comfort of his loving family.

Frankie was born and raised in Quincy and was a graduate of Quincy High School. He was a kind and gentle man who loved his family.

He was employed for many years as a shipper with the former Baker Chocolate Company in Dorchester and later as a production worker with the former Milham Products Company in Quincy.

Frankie was a decorated Korean War veteran having proudly served as a corporal in the U.S. Army. He received



FERDINAND F. 'FRANKIE' POLUZZI

a Presidential Unit Citation, Combat Infantry Badge, and the Korean Service Medal w/5 Bronze Campaign Stars.

He was a western movie enthusiast and also loved hockey and wrestling.

Frankie was the beloved son of the late Frank and Columba (Ciavatti) Poluzzi

and was the last of five siblings. He was pre-deceased by Rachel Shepard, Catherine Craig, Bruno Poluzzi and Linda Pinney.

He is survived by many nieces, nephews, and their families.

At the request of the family, funeral services, and interment with military honors at the North Weymouth Cemetery were private.

For those who wish, donations in Frankie's memory may be made to Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

More Obituaries online at
www.TheQuincySun.com

OBITUARIES

Rosalie A. Tuggle, 81

Rosalie A. (Memmolo) Tuggle, 81, of Quincy, passed away March 4, 2024 surrounded by her loving family after a short but courageous battle with cancer.

Rosalie, affectionately known as mum or nana to many, was a strong, loving woman. She began her career working at the Dunkin Donuts in Quincy Hospital. Later returning back to school and received her college degree from Quincy College. Rosalie ended her career and retired from Blue Cross Blue Shield business office where she worked for many years. Rosalie's job never ended when she left work, she always had a house full of family and friends, with a listening ear and full pantry of food, making anyone who entered her home feel at home. In her later years, Rosalie moved to 1000 Southern Artery and immediately gained loving friends. She was ac-



ROSALIE A. TUGGLE

tive in the resident committee, volunteering in the dining room, organizing bingo and being an active member on the board. Rosalie enjoyed playing cards, ceramics, playing bingo, doing scratch tickets and reading. Her main passion in life was her family, of whom she was so proud of. Rosalie will be sadly missed by all those who had the pleasure of knowing her.

Loving mother of Tammy Andrews and her husband Darryl of Quincy, Tina Tuggle of Quincy, and Tri-

cia Tuggle of Hull. She also leaves her daughter Teresa Palacio. Cherished Nana of Ashley Turner and her husband Josh, DJ Andrews and his wife Kelly, Megan Dunn and her husband Jim, Michael Andrews, Derek Andrews and Matthew Peterson and his wife Shari-ka. Adored great Nana to her 9 great grandchildren; Gavin, James, Mackenzie Rose, Carley Rose, Wyatt, Brady, Charlie, Iyla and Arya. Daughter of the late Ralph Memmolo and Anna (Tachinsky) Memmolo. Sister of Ralph Memmolo and the late Louise Cullen. Also survived by many cherished extended family and dear friends.

Visiting hours were held Monday, March 11, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Tuesday prior to the Funeral Mass in St. John's Church, Quincy.

In lieu of flowers, donations in memory of Rosalie may be made to St. Jude Children's Research Hospital.

See www.Keohane.com for directions and online condolences.

PLEASE
RECYCLE
THIS
NEWSPAPER

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO24C0038CA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
In the Matter of:

Daniel Adam Brown
A Petition to Change Name of Adult has been filed by

Daniel Adam Brown of Quincy, MA

requesting that the court enter a Decree changing their name to:

Daniel Adam Bourassa
IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court before 10:00 a.m. on the return day of 03/27/2024.**

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 23, 2024
COLLEEN M. BRIERLEY
Register of Probate

3/14/24

Timothy J. Lynch, Jr., 69

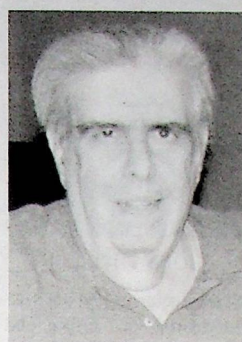
Timothy J. Lynch, Jr., age 69, a lifelong resident of Quincy, died peacefully, Thursday, Feb. 1, 2024 at South Shore Hospital in Weymouth.

Timothy was born, raised, and educated in Quincy. He earned his Bachelor degree from Eastern Nazarene College and his PhD in Psychology of Computers and Intelligent Machines from Boston University.

Shortly after receiving his PhD, Omni Magazine named him the first Robopsychologist or Computer Psychologist.

He was then written up as a computer psychologist, or psychologist who studies how computer interaction effects personality and how to make computer interfaces more user friendly, in the Wall Street Journal, Psychology Today, the New York Times, the Washington Post, the Atlanta Journal and Constitution, the London Sunday Times, Computer World, and many other publications.

He was the first Psychologist to recognize and study tech addiction and the insulating effect of tech mediated communication like the social media we have today. As part of his



TIMOTHY J. LYNCH, JR.

Doctoral Dissertation on the Effects of Computer Use on Personality and Social Interaction Patterns, he created one of the first neural net based Artificial Intelligence Natural Language software programs which was subsequently the basis of programs used by NIH division of AIDS Research and the United Nations, among others.

Tim served as an editor for the first Journal of Psychology of Computers. He taught graduate level courses and wrote numerous journal articles on Ethics in computer science, Psychology of computers and how interacting with computers and intelligent machines effects people. Tim consulted on and wrote about these and AI related topics such

as Robocars, IoT and the effects of the rapid growth of technology and AI on people and society. He consulted on technology in the classroom and helped develop the plan for the 21st Century Classroom for the US Department of Education.

Tim was the owner and president of Psychsoftpc.

Beloved son of the late Timothy J. and Carmela S. (Pompeo) Lynch.

Tim is survived by his loving and loyal family, which includes many cousins and dear friends.

A Memorial Funeral Mass was celebrated at Divine Mercy Parish in Sacred Heart Church, 386 Hancock St., North Quincy, on Monday, March 11. Inurnment followed at Pine Hill Cemetery, West Quincy.

In lieu of flowers, donations in Timothy's memory may be made to the Salvation Army, 6 Baxter St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Patricia Wollenhaupt Walsh, 75

Patricia Wollenhaupt Walsh, a longtime resident of Milton, passed away at home, surrounded by family on Tuesday, March 5, 2024. She was 75 years old.

Patricia was born to Alice (Silva) and Louis Wollenhaupt and grew up in Winthrop. She attended Sacred Heart in East Boston and after graduating high school, she took courses at St. Dominic College in Illinois. Upon leaving college, she earned a position as the Administrative Assistant to the Sports Information Director at Harvard University. There, she met Norman J. Walsh Jr., who would soon become her husband and love of her life. The two began their journey together in Squantum before moving to Milton and starting a family. Milton is where they would call home for the rest of their days together.

Patricia adored her family and was a natural caretaker and devoted matriarch. This was evident as Patricia stayed out of the workforce, only entering back in once her two children started getting older. She initially started working part time at the Boston Globe in the classified ads section but took on a full-time position

PATRICIA
WOLLENHAUPT WALSH

later working in legal advertising.

Patricia was an excellent cook and enjoyed tending to her garden which grew a wide variety of flowers and vegetables. In addition to her cooking skills, she was also quite the foodie. She and Norm would frequent restaurants together and loved to indulge in the best seafood she could find.

In her spare time, Patricia was an avid reader and huge sports fan. She had a quiet strength and intelligence about her. She was truly selfless and took care of everyone. She will be dearly missed by all who knew her.

Beloved wife of 47 years to Norman J. Walsh Jr. of Milton. Devoted mother to Katie Vaughan and her husband Chris of Quincy and Colin Walsh and his wife

Jaclyn of Orange, CA. Sister to Louis Wollenhaupt and his wife Sandra of Winthrop. Aunt to Matthew Wollenhaupt and his wife Amy, Justin Wollenhaupt, Carolyn Forsyth and her husband Bill and Tom Wollenhaupt. Predeceased by her parents, Alice (Silva) and Louis Wollenhaupt and siblings, Barbara Wollenhaupt, John Wollenhaupt and his wife Mary (Lambert).

Visiting hours were held Tuesday, March 12th, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Funeral Mass will be held on Wednesday, March 13th, at 10 a.m. at St. Mary's of the Hills - Milton. A Celebration of Life will follow, held at Ashlar Park, 100 Whitwell Street 2nd Floor, Quincy, from 11:30 a.m. - 2:30 p.m.

In lieu of flowers, donations in memory of Patricia may be made to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168 or to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105. Please see www.Keohane.com for directions and online condolences.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-42

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, March 26, 2024, at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Mary Beth MacPherson for a Special Permit to Operate a Large Family Daycare in violation of the Quincy Zoning Ordinance Section 3.1.4K Table of Uses (Large Family Daycare) on the premises numbered 112 BAXTER AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/98625>.

Martin Aikens, Chairman

3/7/24, 3/14/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-63

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, March 26, 2024, at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Margaret Suprey for a Special Permit and Variance to construct a new building to be used as a retail marijuana establishment in violation of the Quincy Zoning Ordinance Sections 5.1 Off-Street Parking, 6.11.4 Marijuana Establishments (Performance Standards) & 8.1 Flood Plain Overlay District on the premises numbered 159 BROOK ROAD, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/102877>.

Martin Aikens, Chairman

3/7/24, 3/14/24

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-87

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, March 26, 2024, at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Wai Cheng Wong for a Variance to construct a front farmer porch at the front door entry way in violation of the Quincy Zoning Ordinance Section 4.1.1 Table of Dimensional Requirements (Conformance-Front & Side Setbacks) on the premises numbered 124 GROVE STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/112266>.

Martin Aikens, Chairman

3/7/24, 3/14/24

OBITUARY

Betty F. Snaith, 98

Betty F. (DeYoung) Snaith, age 98, entered into eternal life on March 11, 2024.

Betty was a homemaker devoted to her family. Beloved wife of the late Roy H. "Shorty" Snaith. Loving mother of Glenn and his wife Judith of Quincy, Gregory and his wife Catherine of Quincy, and the late Gary Snaith. Devoted daughter-in-law Pamela Snaith of Quincy. Beloved sister of the late Rita Hurley, George and William DeYoung. Loving Nana to Hillary Deshler and her husband Ryan and his fiancé Lisa Della Croce. Great-Grandmother to Hendrix Deshler.

Funeral from the Clancy-Lucid Funeral Home, 100 Washington St. Weymouth Landing on Friday March 15 at 9 a.m. Funeral Mass in Holy Trinity Parish at Most Blessed Sacrament Church, 1015 Sea St., Quincy at 10:30 a.m. Relatives and friends are respectfully invited. Visiting hours on Thursday from 2-4 and 7 until 8:30 p.m. Burial in Blue Hill Cemetery in Braintree.

If desired, donations may be made in her memory to the Quincy Fireman's Relief Assoc., 40 Quincy Ave., Quincy, MA 02169.

For messages and direction, see clancy-lucid.com.

All are welcome to the 10 a.m. Sunday worship for the Fifth Sunday in Lent at Quincy Point Congregational Church, 444 Washington St. The Lenten Series theme this week is "My Secret Heart."

It is also Stewardship Sunday, so don't forget your pledge card or some blank cards will be available on Sunday morning. We thank you and appreciate as you prayerfully consider your pledge to continue the church's mission, because of you our church changes lives. Cannot be there?? One time, monthly or weekly donations can be made @ <https://www.quincypoint-cong.org/donate>.

Following worship all are also welcome to the downstairs Social Hall for coffee, light refreshments

and fellowship, hosted by the Diaconate Committee. It's St. Patrick's Day so rumor is there might be some special Irish treats.

Quincy Point Congregational Church is accessible to all with an elevator on the Abbey Road side of the church and an "all access" restroom. The weekly worship is live streamed at 10 a.m. each Sunday or you can see past services anytime on the church YouTube, Vimeo, Facebook pages or on the church website: www.quincypointcong.org. Weekly worship is also rebroadcast on QATV channel 8 on Sundays at 11:30 a.m. and Wednesdays at 6 p.m.

The Easter Memorial Flower campaign to benefit the Laundry Love mission ends on March 24, so don't delay. Choose lilies, daf-

fodils or tulips (for \$15 a plant) to help adorn the altar in celebration of Jesus' resurrection at 10 am worship on Easter Sunday and then take home the flowers after worship. You can offer a memorial dedication

in memory or in honor of a love done that will be distributed also on Easter.

LEGAL NOTICE

Notice is hereby given by C.W.AYERS INC. of 440B East Squantum St Quincy, Ma 02171 that on Friday March 22, 2024 at 11a.m., a sale will be conducted for the following vehicles to satisfy the garage lien, thereon for the storage, towing charges, care and expenses of notice & sale of said vehicle:

2018 Mercedes Benz C300 VIN: 55SWF4KB7JU245863 REG: HMW8752-NY OWNER: Danyang Li 2101 Cumberland Ave APT 10204 W.Lafayette, IN 47906

2021 Volkswagen Tiguan VIN: 3VV2B7AX2MM131166 REG: 4BKC78-MA OWNER: Michael Jacobs 352 Lexington St Watertown, MA 02472

2011 Subaru Outback VIN: 4548RCKC7B3438244 REG: 765PE3-MA OWNER: William Worrall 33 Furnace Ave APT 17 Quincy, MA 02169

2013 BMW X3 VIN: 5UXWX9C58D0D08137 REG: 4670272-NH OWNER: Geng Kun 2500 N. River Rd #21 Manchester, NH 03106 3/7, 3/14, 3/21/24

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE Docket No. NO24P0283EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court Norfolk Division 35 Shawmut Road Canton, MA 02021 (781) 830-1200

Estate of: Tung Nguyen Tran Also Known As: Tung Nguyen Quang Tran Date of Death: January 20, 2024

To all persons interested in the above captioned estate, by Petition of:

Petitioner Phuc T.D. Ho of Quincy, MA.

Phuc T.D. Ho of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. NO24P0484EA Commonwealth of Massachusetts The Trial Court Probate and Family Court Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021 (781) 830-1200

Estate of: John O'Brien Also known as: John F. O'Brien Date of Death: 09/23/2022

To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Daniel J. O'Brien of Woburn, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Daniel J. O'Brien of Woburn, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 04/03/2024. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 29, 2024 COLLEEN M. BRIERLEY Register of Probate

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS Department of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for ROAD IMPROVEMENTS 2024 CONTRACT #1 until 11:30 a.m. local time Thursday, March 28, 2024, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The City of Quincy, Massachusetts will accept sealed bids for the reclamation (full-depth), cold planing and surfacing of various roadways, including sidewalks and curbing. Night work is expected on Hancock Street and West Squantum Street. All work under this contract shall be substantially completed by November 30, 2024. The estimated value of the contract is \$5,689,890.68.

A 5% bid bond is required for the total value of the bid in the form of a bid bond or certified/treasurer's check.

The Bidder must be pre-qualified by the Massachusetts Department of Transportation for Highway Construction.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m. Specifications will be available March 13, 2024.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

3/14/24

Thomas P. Koch, Mayor
Alfred J. Grazioso, Commissioner of Public Works
Kathryn R. Logan, Chief Procurement Officer

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS PURCHASING DEPARTMENT 1305 HANCOCK ST., QUINCY, MA 02169

Request for Proposals SCULPTURE(S) AND DESIGN WORK FOR THE MASSACHUSETT TRIBE AT POKKAPOAG THREE SISTERS' STATUE PROJECT

In accordance with M.G.L. Chapter 30B and all other relevant procurement laws and guidelines, The City of Quincy acting on behalf of the Office of the Mayor, is soliciting proposals for the design, fabrication, and installation of a monumental sculpture(s) to enhance the landscape at a place to be determined by the City. The goal is to design a monument about the significance of the Massachusetts Tribe at Pokkapoag and improve the aesthetic landscape with appropriate monument(s) and other designed enhancements. The project is being completed in conjunction with the expansion and renovation of the Squaw Rock area. The selected artist will work with the City and a designated design committee of the Massachusetts Tribe to complete the 100% designs, construction, and installation of the sculpture(s) to be placed at a space determined by the City.

Request for Proposals submittals will be received at the Office of the Purchasing Department; City Hall, 1305 Hancock Street; Quincy, MA 02169, until Thursday, March 28, 2024, at 11:00 a.m. Late responses will be rejected.

Non-Price Proposals must be in a sealed envelope and separate from the Price Proposals in another sealed envelope. The outside of the sealed envelopes is to be clearly marked "RFP - NON-PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Copies of the Request for Proposals will be available on Monday, March 4, 2024, and may be obtained from the Purchasing Department or by emailing mmarini@quincyma.gov between 8:30 a.m. and 4:30 p.m. Monday through Friday. The RFP will also be available on the City's website (www.quincyma.gov).

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru March 22, 2024, by 12:00 p.m.

The City of Quincy shall determine the selected artist through a standard panel-based artist selection process. The City of Quincy reserves the right to withdraw the Request for Proposal; to reject any and all submittals; and to accept any submittals deemed to be in the best interest of the City of Quincy.

Bids shall be in accordance with any and all M.G.L. Chapter 30B. All Federal, State and City of Quincy regulations will apply. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

The City of Quincy reserves the sole right to amend this RFP by formal Addendum.

Thomas P. Koch, Mayor
Kathryn R. Logan, Chief Procurement Officer

3/14/24

3/14/24

3/14/24

SUN FUN PAGES

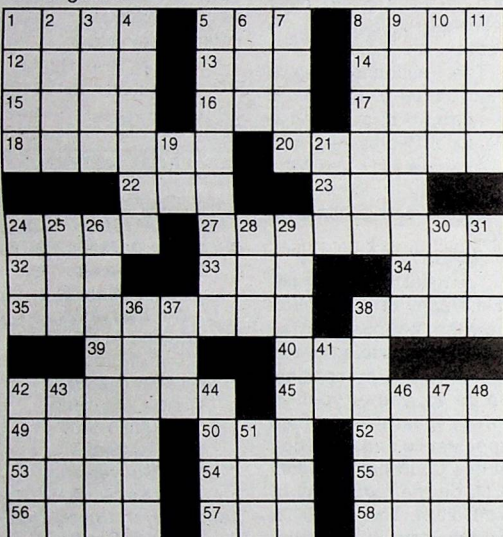
King Crossword

ACROSS

- 1 Egg on
5 Science room
8 Arm bone
12 Actress Gilpin
13 Hosp. area
14 Wedding cake layer
15 Bridge position
16 Not "agin"
17 "Snap out —!"
18 Monet or Debussy
20 Wards off
22 "— Poetica"
23 Be sick
24 Healthy
27 Embeds
32 Comic Philips
33 Menagerie
34 Trio after M
35 Fish lover's deli order
38 Group of quail
39 Transcript no.
40 Parched
42 Oracle setting
45 "Brigadoon"
- lyricist
49 Buffalo's county
50 Miss Piggy's pronoun
52 French waterway
53 — Romeo
54 Canine greeting
55 Summit
56 Ogler's look
57 "— -haw!" (cowgirl's cry)
58 Monopoly card
- 10 Astronaut Armstrong
11 Sciences' partner
19 AMA member
21 Hearing thing
24 Drenched
25 Ostrich's kin
26 Palmist's prediction
28 Neither mate
29 Hit song by OneRepublic
30 Calendar abbr.
31 Covert agent
36 Seem
37 Taunting laugh
38 Secondary route
41 Concerning
42 Bargain
43 Perry's creator
44 Noncommittal answer
46 Pleasing
47 Salinger girl
48 Marsh plant
51 Tram load

DOWN

- 1 Detail, briefly
2 Bell sound
3 — Major
4 Ceremony
5 Not enlarged or reduced
6 Tennis feat
7 "Ironside" star
8 Perfect place
9 Game show aid



© 2024 King Features Synd., Inc.

MAGIC MAZE

WORDS ADDED TO THE DICTIONARY IN 1900

UCZWPURPMJHECZX
USQNPULJGECZRRX
VHTRIPKNLJHEEEN
CACYLWVCRHTRKDA
PNLN(EASTERBUNNY)
KIGPUPOMVHECAUA
BZXWPLOUOSCRTWM
POMLJSEINONSTOP
TRACTOREUGEBOLG
DESACFEIRBULFPB
AYTXWERIFFOLLAB

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: A SHIP FOR CARRYING OIL

- | | | | |
|--------------|------------|---------|------------|
| Ball of fire | Flub | Mayan | Plow under |
| Briefcase | Free lunch | Mop-up | Run over |
| Checkup | Glob | Nonstop | Tractor |
| Easter Bunny | Hemostat | Pileup | |

©2024 King Features Syndicate, Inc. All rights reserved.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Phone is missing. 2. Chair is moved. 3. Tie is different. 4. Chair is moved. 5. Hand is moved. 6. Window is not as wide.

Trivia test

by Fifi Rodriguez

- TELEVISION: Which TV sitcom featured a father figure named Philip Banks?
- LANGUAGE: How many letters are in the Greek alphabet?
- MOVIES: Which movie features the line, "To be honest, when I found out the patriarchy wasn't just about horses, I lost interest"?
- SCIENCE: How long is an eon?
- GEOGRAPHY: In which country is most of the Kalahari Desert located?
- MUSIC: Which singer once was called the Material Girl?
- FOOD & DRINK: What is injera?
- ANIMAL KINGDOM: What is a group of cockroaches called?
- GENERAL KNOWLEDGE: Which large U.S. city is nicknamed Emerald City?
- GAMES: How many blocks are in a Jenga tower?

Answers

- "The Fresh Prince of Bel-Air."
- 24.
- "Barbie."
- 1 billion years.
- Botswana, Africa.
- Madonna.
- Fermented flatbread.
- An intrusion.
- Seattle, Washington.
- 54.

© 2024 King Features Synd., Inc.

Wishing Well®

2	7	5	6	7	8	2	7	2	8	6	4	7
A	C	P	V	A	A	B	U	U	H	I	T	T
3	4	5	3	5	7	2	4	6	2	8	3	4
A	R	R	T	O	I	N	A	S	D	E	I	N
5	7	5	7	5	4	7	5	8	2	7	5	6
S	O	P	N	E	S	A	R	A	A	D	I	I
8	5	4	8	6	4	2	4	2	3	7	3	6
V	T	F	Y	T	E	N	R	T	D	V	Y	N
5	4	3	2	7	4	3	2	5	2	5	7	5
Y	A	S	W	I	T	U	E	N	A	O	S	W
8	2	6	3	6	4	6	2	8	7	8	6	7
W	L	E	M	W	W	P	T	O	E	R	L	D
6	2	8	4	6	8	6	8	6	4	8	4	8
A	H	K	O	C	L	E	O	S	R	A	K	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

©2024 King Features Syndicate

Salome's Stars

ARIES (March 21 to April 19) You're correct to want to help someone who seems to need assistance. But be careful that they aren't pulling the wool over those gorgeous Sheep's eyes. You need more facts.

TAURUS (April 20 to May 20) The Bovine's optimism will soon dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, the good news you recently received is part of a fuller message that is yet to come.

GEMINI (May 21 to June 20) Feeling jealous over a colleague's success drains the energy that you need to meet your own challenges. Wish them well and focus on what you need to do. Results start to show up in mid-March.

CANCER (June 21 to July 22) You're likely to feel somewhat crabby these days. So, watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.

LEO (July 23 to August 22) Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up -- you're about to prove once again why you're the Top Cat in whatever you do.

VIRGO (August 23 to September 22) A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party to come in and assess the situation without pressure or prejudice.

LIBRA (September 23 to October 22) Call a family

meeting to discuss the care of a loved one at this difficult time. Don't let yourself get pushed into shouldering the full burden on your own.

SCORPIO (October 23 to November 21) An upcoming decision could open up a path to an exciting venture. However, there are some risks that you should know about. Ask more questions before making a commitment.

SAGITTARIUS (November 22 to December 21) Personal matters need your attention during the earlier part of the week. You can start to shift your focus to your workaday world by midweek. Friday brings news.

CAPRICORN (December 22 to January 19) You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hardworking batteries.

AQUARIUS (January 20 to February 18) This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.

PISCES (February 19 to March 20) Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done and do it. There'll be time later to enjoy fun with family and friends.

BORN THIS WEEK: You can be a dreamer and a realist. You dream of what you would like to do, and then you face the reality of how to do it.

© 2024 King Features Synd., Inc.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Q equals P

CFNJG RYGTCTGJ CFRC
YRSG R QRJCN'D J BTIG YNDG
QBGRJRZC, T BTSG CN ERBB
CFGY QDGREFGD ENYINDCJ.

©2024 King Features Synd., Inc.

King Crossword

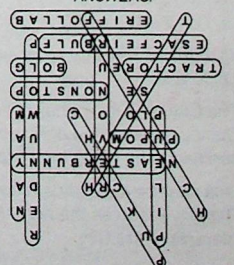
Answers

Solution time: 25 mins.



Magic Maze

ANSWERS:



CryptoQuip answer
Those amenities that make a pastor's life more pleasant, I like to call them preacher comforts.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Happy Oscars day! Cillian Murphy is prime to win Best Actor for “*Oppenheimer*” (as will Christopher Nolan for Best Director). Murphy’s next film, “*Small Things like These*,” was well-received at the Berlin Film Festival. He plays a coal merchant in a small Irish town. Emma Stone is a strong contender in the Best Actress category for “*Poor Things*.” Her next film, “*Kinds of Kindness*,” is with Jesse Plemons, Willem Dafoe and Margaret Qualley. Robert Downey Jr. is a Best Supporting Actor shoo-in for “*Oppenheimer*,” which will undoubtedly win Best Picture. “*Oppenheimer*,” Murphy, Nolan, Stone and Downey all won BAFTA Awards (British Oscars) for their respective work, but the other nominees are still at the gate.

Hollywood’s not only content resurrecting “*Frankenstein*” (in three upcoming films). Make way for the big-budget “*Dracula – A Love Tale*,” starring Caleb Landry Jones (“*Three Billboards Outside Ebbing, Missouri*”) as the Prince of Darkness, opposite two-time Oscar winner Christoph Waltz.

Stephen King has gone public with his confusion about why the film adaptation of his novel “*Salem’s Lot*,” starring Lewis Pullman (“*Top Gun: Maverick*”), Alfre Woodard and William Sadler, hasn’t been given a release date yet. It was completed in 2021, and King offers: “I’ve seen the new ‘*Salem’s Lot*,’ and it’s quite good.... It has the feel of ‘Old Hollywood,’ when a film was given a chance to draw a breath before getting to business. When attention spans were longer, in other words.”

Come on, Warners! Let go of some of “*Barbie*’s” bounty and release his “*Salem’s Lot*.”

Director Craig Rees (“*Annabellum: The Curse of Salem*”) is calling his upcoming film, titled “*Goldilocks and the Three Bears: Death and Porridge*,” an “intelligent” slasher film. Goldilocks, who lives with the three bears, decides to get rid of a group of intruders who suddenly enter their home. Definitely a grim fairy tale!

Calling all members of Beatles tribute bands! Oscar-winning director Sam Mendes (“*American Beauty*,” “*Skyfall*” and “*Spectre*,” among others) has announced that he’ll make four films about the Beatles with their blessing. One film will be devoted to each of the fab four – John Lennon, Paul McCartney, Ringo Starr and George Harrison.

We were saddened when Kevin Costner announced that he was divorcing Christine Baumgartner after 19 years. The couple had two sons and a daughter. His first marriage to Cindy Silva begot him two daughters and a son – and an \$80 million settlement. He also has a son (out of wedlock) with philanthropist Bridget Rooney. Costner’s been ordered to pay his second wife, Baumgartner, \$63,209 a month. The good news is that the 69-year-old superstar is now dating 49-year-old singer/actress Jewel, who divorced her rodeo-cowboy husband, Ty Murray, in 2014. Also, Costner’s currently prepping to produce, direct and star in “*Horizon: An American Saga*.” Between this and his new relationship with Jewel, maybe he’ll get over dancing with wives and live in sin for a change – it’s a lot cheaper!

© 2024 King Features Synd., Inc.

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ***
★ Moderate ★★ Difficult
*** GO FIGURE!

	-		+						= 11
-		+			+				= 9
+			+			+			
	+			x					= 68
=		=		=		=			
13			14			3			
1	2	3	4	5	6	7	8	9	

©2024 King Features Syndicate, Inc.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Mocha Mugs – To a pottery collector, a “mocha mug” isn’t meant for a coffee drink. “Mocha” is a type of decorated earthenware pottery made in England and sold in America in the early 1800s. Mocha pottery, or mocha ware, is usually utilitarian; pieces were originally used in the kitchen or during meals. It has colorful decorations painted in a slip glaze made from clay thinned with water to a liquid consistency. The decorations are usually painted over white glaze.

Traditional patterns have descriptive names, like “banded,” “checked” and “marbled,” or repeated “tulip,” “fan,” “seaweed,” “dendrite” or “leaf” motifs. Others have less obvious names, like “cat’s-eye,” which consists of clusters of dots, and “earthworm,” or thick, mottled lines in waves or loops. This mug, which was made about 1800 and sold for \$375 at Link Auction Galleries, has earthworm and cat’s-eye patterns in its center section, with a green and brown banded top border and brown banded lower border. The name “mocha” may come from some patterns’ resemblance to mocha stone, another name for moss agate, an opaque multicolor semiprecious stone. Mocha pottery may also be named for the coffee-colored glaze that appears in many designs.

Q: When my father was ill in 1939, he received a letter from Jack Dempsey wishing him “a speedy recovery.” The letter was typed on his restaurant’s stationery and signed in ink. What is it worth?

A: Jack Dempsey (1895-1983) was an American

boxer who was the world heavyweight champion from 1919 to 1926. He opened his restaurant near Madison Square Garden in New York City in 1938. It closed in 1974. The value of an autograph is determined by the importance of the signer, rarity, condition and proof of authenticity. Signatures on letters are worth more than an autograph by itself. A handwritten letter is worth more than a typed letter with a handwritten signature. The content of the letter also affects the value. The letter must be seen by an expert to authenticate it. Contact an auction house or gallery that holds sales of autographs to see what it is worth.

TIP: Never display bottles with labels in a sunny window. The labels will fade.

CURRENT PRICES

• Bank, still, figural, oil tanker, painted red, coin slot in back, pressed steel, wood wheels, Wyandotte, 1930s, 2 1/4 x 6 1/4 inches, \$70.

• Iron doorstop, figural, owl, perched on stump, leaves, berries, green eyes, ear tufts, Hubley, 10 inches, \$240.

• Wristwatch, Longine, automatic, gold filled, gold dial, bar indices, date window, black pebbled leather band, \$320.

• Display, toy, Klik-Klak Blox, red, yellow and blue, toy sample attached to front, “For Girls For Boys For Fun” on sides, electric, 18 inches, \$540.

For more collecting news, tips and resources, visit www.Kovels.com

©2024 King Features Synd., Inc.

Strange BUT TRUE

• In a process called rice-fish culture, Indonesian farmers introduce fish into their rice fields so the fish droppings will act as fertilizer. In turn, the fish also eat harmful insects and improve oxygen circulation, increasing crop yields by up to 10%.

• Anuptaphobia is the fear of being single forever.

• The people who falsely claimed the copyright to the “Happy Birthday to You” song made \$2 million a year for decades, until the song was ruled to be in the public domain.

• A man who had received the transplanted heart of a suicide victim married the donor’s widow and took his own life in the exact same way as the donor did.

• After two thieves in England broke into a man’s house and made off with his laptop, they found child abuse material on the device and took it

to the police. The pedophile received a sentence of three years in prison, while the thieves were given 12 months of community service in light of their “good deed.”

• During his presidency, John F. Kennedy refused to take his salary of \$150,000 per year, instead donating the entire amount to charity.

• Hundreds of people die each year from shoveling snow.

• Who says cats don’t care? After one feline owner survived a series of strokes, he tried to train the animal to dial 911. While he wasn’t sure at first that the attempt would pay off, after he fell from his wheelchair following a seizure, police received a silent emergency call from his home and arrived to find him incapacitated and his cat next to the phone.

• Loneliness poses a greater risk to one’s health than obesity.

Thought for the Day: “He who has a why to live can bear almost any how.” – Friedrich Nietzsche

© 2024 King Features Synd., Inc.

Now here’s a tip!

by Jo Ann Derson

• “I had to pick up a bunch of BBs that spilled in our garage. It was very aggravating, until I decided to get out my vacuum. I put a very thin sock (didn’t have any panty hose) on the end, and tucked it into the hose. I secured it with a zip tie. I was able to suck up most of the BBs, and they went right back in the container.” – E.L. in North Carolina

• If you make your own broth, you can freeze cubes in easy-to-measure amounts by using your muffin tin. Measure out broth in half cup or cup amounts, then freeze. When done, pop them out into a freezer-safe baggie.

• Try this trick to increase the volume when listening to music on your phone (without earbuds, that is): Place it in a deep bowl. The bowl amplifies and directs the sound.

• Chrome is easily cleaned and shined up with vinegar. Keep a misting bottle in the bathroom to give handles a quick swipe after getting ready in the morning or evening.

• Ice cream cones with a flat bottom make a great container for cupcakes. Fill cones two-thirds full with batter, bake as directed, and you have cupcake cones! Frost and go!

• I sew looped tags onto the corner of our family’s wash cloths. My husband installed several hooks in the shower, and when we are finished with our wash cloth, we hang it up by the tag after rinsing it out. They do not mildew this way, because they are allowed to dry.

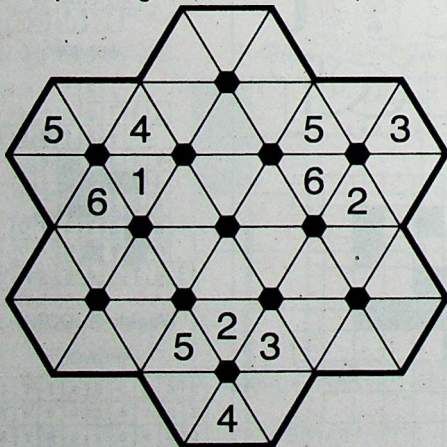
Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

© 2024 King Features Synd., Inc.

SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆◆◆

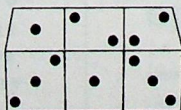
◆ Easy ◆◆ Medium ◆◆◆◆ Difficult

© 2024 King Features Synd., Inc.

STICKELERS

by Terry Stickels

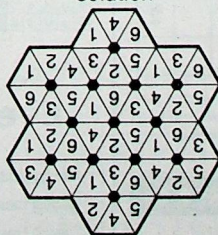
The diagram shows three normal dice. How many dots are on the side of the last die that is facing the middle die?



©2024 King Features Syndicate

SNOWFLAKES

solution



Go Figure! answers

3	14	13
=	=	=
89	= 6	= 8
+	+	+
6	5	1
+	+	-
7	2	9
=	=	=
11	= 2	= 9

Stickelers Answer

total seven
Opposite faces on normal dice always
The answer is 6 dots.

MORE SUN FUN



"The Gentlemen" (TV-MA) — British gangster-film director Guy Ritchie is back in his element, this time directing a spin-off series of his 2019 film "The Gentlemen," starring Matthew McConaughey and Charlie Hunnam. Consisting of eight episodes, the series is led by Theo James ("The White Lotus"), who plays Eddie Halstead. After the death of his father, Eddie inherits his large estate, but with holes in its roof and a rebellious staff, it's in desperate need of order. Susie Glass (Kaya Scodelario) introduces herself to the new landlord, only to reveal that she partnered with Eddie's father to facilitate her drug-trafficking business and intends to do the same with Eddie. Whether he decides to beat them or join them (or both), Eddie is thrust into the dangerous underbelly of Britain. Out now. (Netflix)

"Taylor Swift: The Eras Tour" (PG-13) — There's one artist who's taken the world by storm during the past year, with her name plastered everywhere from concert venues to movie theaters to NFL games, and it's none other than Taylor Swift. The 34-year-old superstar partnered with AMC and Cinemark to distribute her latest concert film, bypassing the usual producer-distributor-exhibitor model in the film industry to bring The Eras Tour directly to her devoted fans and movie-theater goers alike. The film premiered on Oct. 13, 2023, and became the highest-grossing concert film of all time. And now, viewers can attend The Eras Tour at home! Check it out on March 15. (Disney+)

"Apples Never Fall" (TV-MA) — This new mystery drama series based

on Liane Moriarty's ("Big Little Lies") novel of the same name kicks off on March 14. Annette Bening portrays Joy Delaney — wife, mother of four and co-owner of a tennis academy. Joy and her husband, Stan, are ready to enter their retirement stage, but things go awry when an injured woman knocks on their door begging for help. Shortly afterward, Joy disappears without a single trace, leaving her husband and adult children to pick up the pieces. Sam Neill ("Jurassic Park"), Jake Lacy ("The White Lotus") and Alison Brie ("GLOW") co-star in this seven-episode series. (Peacock)



Courtesy of MovieStillsDB

Annette Bening stars in "Apples Never Fall."

"What Happens Later" (R) — Meg Ryan ("When Harry Met Sally...") pulled double duty in her return to the romantic-comedy genre! While Ryan did star in the film, she also directed it, making it her sophomore film after her debut with "Itasca" (2015). Opposite her character, Willa, is David Duchovny's Bill, who comes across Willa at an airport during their layovers. The two, being ex-lovers, wrestle through bits of small talk until their flights, but a cyclone unexpectedly causes both of their flights to get delayed. The two use this time to catch each other up on their current lives and reminisce on the relationship they had. Overall, it was an endearing effort on Ryan's part to bring some old-school nostalgia to a genre that is sorely missing the direction it needs. Out now! (Paramount+)

© 2024 King Features Synd., Inc.

Contract Bridge

The Case Of The Missing Damsel
East dealer.

North-South vulnerable.

NORTH

♠ 8 2
♥ K 8 6 3
♦ K J 10 8
♣ J 9 4

EAST

♠ K 9 7 4
♥ 5
♦ Q 5 3
♣ Q 8 6 3 2

SOUTH

♠ A 5 3
♥ Q J 10 9 7 4
♦ A 9 6
♣ 7

The bidding:

East	South	West	North
1 NT	2♥	Pass	3♥
Pass	4♥		

Opening lead — four of spades.

If you and your partner agree that certain bids show certain types of hands, you will naturally understand each other better in a great many situations.

But it's also true that your opponents, who are entitled to know as much about your methods as you do, can occasionally put this knowledge to deadly use against you.

Consider today's case where declarer profited greatly from information

acquired during both the bidding and play. East, playing 13-to-15-point opening notrumps, bid one notrump, after which North-South quickly arrived at four hearts.

West led a spade, and East's ten forced the ace. Declarer returned the queen of trump, taken by East with the ace. East then played the king of clubs, queen of spades and ace of clubs in that order. South ruffed, cashed the jack of trump, ruffed a spade in dummy and was then faced with the critical problem of which way to take the two-way diamond finesse.

You might think that declarer would assume that East, who opened one notrump, must have the diamond queen and would finesse accordingly. But South did not fall into this trap.

East had already shown up with the Q-J-10 of spades, ace of hearts and A-K of clubs — a total of 14 points. Declarer was thus able to deduce that East could not have the queen of diamonds for his 13-to-15-point notrump opening.

South therefore took the diamond finesse through West, and as a result made four hearts. East had unintentionally let the cat out of the bag by innocently opening with one notrump.

© 2024 King Features Syndicate, Inc.

by Steve Becker

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH — TYPES OF DOGS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What dog enjoys the St. Patrick Day's parade?

AKITA
BASENJI
BOXER
COLLIE
DACHSHUND
DALMATIAN
HUSKY
MUTT
POODLE
PUG
ROTTWEILER
SHAR-PEI
SPANIEL
SPITZ
TERRIER
WELSH CORGI

D	A	C	H	S	H	U	N	D	T
B	A	S	E	N	J	I	A	A	E
N	E	L	I	H	U	S	K	Y	R
S	I	R	M	I	S	P	I	B	R
H	L	H	U	A	U	A	T	O	I
A	L	Z	T	G	T	N	A	X	E
R	O	T	T	W	E	I	L	E	R
P	C	S	E	I	T	E	A	R	T
E	L	D	O	O	P	L	E	N	R
I	G	R	O	C	H	S	L	E	W

Riddle answer: _____

SENIOR NEWS LINE

by Matilda Charles

You Know Better, Right?

A retiree fell for a scam that drained his account of all his savings. It took a lifetime to save the money and only a minute for it to vanish. All it took was him giving information to a scammer.

The gentleman received an email saying he was owed a refund and asked that he fill in his banking details. He believed that email was from his bank. Within moments of sending the email, his account was emptied. Not only that, but he was then instructed on the phone, by someone he believed was a bank security officer, to hand over his credit cards to a bank courier because those accounts were also compromised.

The scammer quickly went on a spending spree. It's rare, but the criminal was actually caught. While he might get a few years in jail, the victim has been left to try to pick up the pieces of his life, with no hope of getting that money back.

Some basic hints for safety:

If you're uneasy about any portion of a call, HANG UP.

Don't do banking on your phone or computer, even if you know what you're doing with those devices.

If you get a call from someone claiming to be at your bank, hang up. Dial the number of the bank yourself and find out if they were actually looking for you. Especially do not follow their instructions if the "security" people at your bank insist you need to transfer your money into a different account to keep it "safe."

If you're asked to call *72 followed by a different number, HANG UP. Do not dial *72. It's a call forwarding option that prisoners, callers to 900 sex line numbers and people in foreign countries use as a way to charge expensive calls to your phone.

Don't panic if you suspect you have a scammer on the line. Just hang up.

© 2024 King Features Synd., Inc.

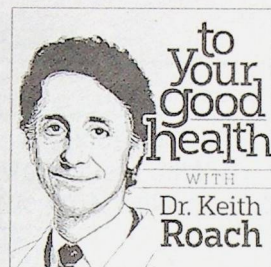


1. Brasil '66 was the backup band behind which artist?
2. Name the group that released "His Girl."
3. Which Elvis Presley song's melody came from an old Civil War ballad?
4. The second album of which artist was titled "Tapestry"?
5. Name the song that contains this lyric: "To you I'm a toy but I could be the boy you adore, if you'd just let me know."

Answers

1. Sergio Mendes. The Brazilian musician received a Grammy for Best World Music Album in 1993 and Best Brazilian Contemporary Pop Album in 2010.
2. The Guess Who, in 1967. The song charted in the U.K. and Canada but not in the U.S. There were multiple versions, with the U.K. release having strings added without the band knowing about it.
3. "Love Me Tender," released in 1956. The melody came from the old ballad "Aura Lee," written in 1861. The song has been used in many dozens of films and shows and covered by several artists.
4. Carole King, in 1971. The album won four Grammy awards and included hits such as "I Feel the Earth Move" and "It's Too Late."
5. "Build Me Up Buttercup," by The Foundations in 1968. It was used in insurance commercials as recently as 2021.

© 2024 King Features Syndicate



Proton-Pump Inhibitors Highly Recommended for Barrett's Esophagus

DEAR DR. ROACH: I am a retired male over 65 and a former occasional cigar smoker. I quit 15 years ago after I was diagnosed with Barrett's esophagus. I was also a former drinker and quit seven years ago. I regularly completed all the biopsies as required and took my proton-pump inhibitor (PPI) daily as instructed.

This year, I read an article about PPIs contributing to dementia and neuropathy, which I have. My primary care physician suggested that I switch to over-the-counter H2 blockers as a safer approach. I developed an irregular heart rhythm and soaring blood pressure.

I was then diagnosed with atrial fibrillation (AFib). My stress test and echocardiogram are normal for my age. I am now on some heavy-duty beta blockers, blood thinners and a very expensive rhythm-control drug.

A book I recently read written by two top cardiologists stated that long-term use of PPIs is dangerous and can cause AFib, but a recent article published by the National Institute of Health states the opposite. I also read that an irritated esophagus stimulates the esophagus nerve and triggers AFib. I'm confused now.

Because Barrett's vastly increases my chances for getting a very aggressive cancer, doing nothing is not an option. I have already modified and continue to modify my diet, but that only goes so far. And as I'm sure you are aware of, a stroke caused by AFib is often life-threatening.

My complicated question is, which professional approach would you recommend: PPIs or H2 blockers? Is there a third option?—B.B.

ANSWER: There is not a definitive answer on whether PPIs, like omeprazole, increase the risk

of AFib. Studies are potentially confounded by the fact that people with AFib sometimes think they have stomach problems and may take a PPI, leading to a false association between the PPI and AFib. As you say, there have also been studies that suggest a decreased risk of AFib in people who use PPIs.

In my mind, the increased risk of adenocarcinoma of the esophagus as a result of untreated stomach acid reflux in a person with Barrett's esophagus is the key in this situation, as Barrett's is a condition where abnormal lining of the esophagus occurs due to years of acid exposure.

I do not believe over-the-counter H2 blockers, like famotidine (Pepcid), are adequate enough to reduce the risk of esophageal cancer, so I advise patients in your situation to use PPIs, despite their known risks.

The data suggesting a risk of dementia are weak. While there might be a small risk, the risk isn't high enough to avoid using a PPI in a person with Barrett's. B12 deficiency is absolutely a risk in people taking long-term PPIs. Low B12 can certainly lead to neuropathy, but both can be prevented and treated by testing for B12 deficiency and by getting supplementation, if needed.

I am very glad to hear you are getting routine endoscopic surveillance and biopsies so that any abnormal growth of the esophagus can be identified and treated promptly.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

(c) 2024 North America Synd., Inc. All Rights Reserved

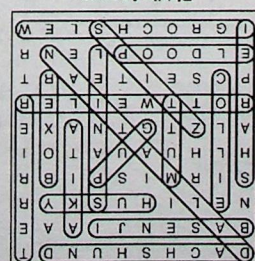
Puzzles4Kids

Answer

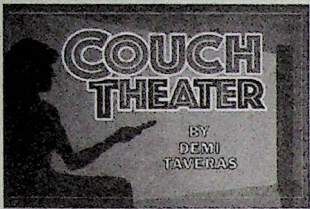
setter.

An Irish

Riddle Answer:



MORE SUN FUN



"Poor Things" (R) — The second most-nominated film (11 nominations) for this year's Academy Awards is finally available to rent on Feb. 27! Emma Stone (who has already secured a Golden Globe win for Best Actress this year) transforms into Bella Baxter for her second feature film with director Yorgos Lanthimos ("The Favourite"). Bella is a young woman in Victorian London who gets resurrected by a mad scientist (Willem Dafoe) following her suicide. But even after the experiment successfully revives her, Bella's brain and body aren't synchronized, so she navigates the odd world around her in an almost childlike state as she begins an entirely new, empowering chapter in her life. Mark Ruffalo, also nominated for Best Supporting Actor, co-stars as Duncan Wedderburn, along with appearances from Ramy Youssef, Jerrod Carmichael and Margaret Qualley. (Amazon Prime Video)

"The Color Purple" (PG-13) — Almost 40 years after Steven Spielberg and Quincy Jones collaborated to bring Alice Walker's 1982 novel to life, a new musical adaptation of "The Color Purple" hailing from the producers (and Oprah Winfrey) hit the big screen once again and is available now for viewers to stream on their small screens. The 2023 version features quite a talented cast to tell Celie's profound and heartbreaking story, including Fantasia Barrino, Taraji P. Henson, Danielle Brooks, Colman Domingo, Halle Bailey and

many more. "American Idol" winner Barrino takes on the role of Celie in her feature film debut, while Henson portrays jazz singer Shug. Even though some controversy ensued about the film's subpar working conditions, which were rightfully pointed out by Henson, she also stated that she hopes the focus remains on "this beautiful film." (Max)

"Beautiful Wedding" (R) — The sequel to the rom-com "Beautiful Disaster" has arrived, although it's a bit unclear who really wanted it since the first film received terrible reviews. Alas, director Roger Kumble persisted to continue bringing Jamie Mcguire's "Beautiful" book series to life. Dylan Sprouse and Virginia Gardner reprise their roles as Travis Maddox and Abby Abernathy, respectively, picking up right where the first film left off. Travis and Abby wake up after a crazy night in Vegas to find out that they are now newlyweds, even though they've only just begun dating. At first, they try to accept the situation, even jetting off to Mexico for their honeymoon with some friends. But as their honeymoon drags on and the two face their first challenges as a couple, Travis and Abby start contemplating an annulment. Will these two make it in the end? See for yourself! The film's out now to rent. (Apple TV+)

© 2024 King Features Synd., Inc.



Emma Stone stars in "Poor Things."

Contract Bridge

A CUT ABOVE THE REST

West dealer.

Both sides vulnerable.

NORTH

♠ 8 7
♥ J 10 9 8 5 2
♦ A 10
♣ A K Q

EAST

♠ A 3
♥ 7 4
♦ J 7 6 5
♣ J 10 8 7 5 2

SOUTH

♠ K J 10 9 5 4 2
♥ 6 3
♦ K Q 8
♣ J

The bidding:

West	North	East	South
Pass	1♥	Pass	1♠
Pass	2♥	Pass	3♠
Pass	3NT	Pass	4♠

Opening lead — king of hearts.

This deal occurred in a duplicate bridge game some years ago. The North-South pairs invariably reached four spades, but the outcome varied, depending primarily on how declarer handled the trump suit.

At most tables, West started by cashing the K-A of hearts and then shifting to a diamond. Declarer won in dummy, led a spade and went into a huddle after East followed low.

Those declarers who decided to put

up the king made the contract, felling the Q-A together on the next trick; those who finessed the jack of spades lost to the queen and went down one.

The guess in spades was not an easy one. True, West had never bid and had already shown up with the K-A of hearts, making it unlikely that he also held the ace of spades. But there was still the possibility that East had been dealt the A-Q-x. In that case, the play of the king would lose the contract and the play of the jack would win it.

At one table, though, the declarer never had the opportunity to guess the spade situation. The entire issue was rendered moot when the defenders found a surefire way to defeat the contract! Here West also began by cashing the K-A of hearts, but he decided there was no future in shifting to a diamond. Instead, he continued with the queen of hearts. East then put on his thinking cap and came up with the killing play: he trumped his partner's high heart with the ace! Declarer still had to lose another trump trick to the queen and so went down one.

East reasoned that by ruffing with the ace, he would automatically defeat the contract if his partner started with the Q-x or J-x-x of spades and might not defeat the contract if he didn't ruff with the ace. East was absolutely right.

© 2024 King Features Syndicate Inc.

by Steve Becker

Puzzles4Kids

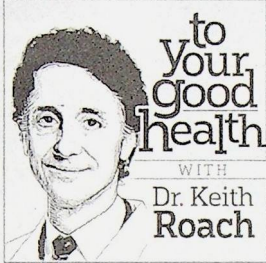
by Helene Hovanec

RIDDLE SEARCH — IT'S COLD AND SNOWY!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What do snowmen like to eat?**

ARCTIC	F	S	H	O	W	E	R	I	N	G
COLD	Y	R	E	V	I	H	S	W	G	L
DRAFTY	R	W	E	F	R	N	A	Y	N	A
DREARY	A	I	O	E	A	R	C	T	I	C
FREEZING	E	N	S	P	Z	D	T	S	B	I
FRIGID	R	D	P	E	D	I	F	U	M	A
GLACIAL	D	Y	L	A	K	G	N	G	U	L
GUSTY	L	N	I	P	P	I	N	G	N	E
ICY	O	H	G	U	O	R	A	L	O	P
NIPPING	C	I	C	Y	T	F	A	R	D	S
NUMBING										
POLAR										
RAW										
ROUGH										
SHIVERY										
SHOWERING										
SNAPPY										
WINDY										

Riddle answer: _____



High Troponin Levels Follow After Bout of Food Poisoning

DEAR DR. ROACH: I am a 77-year-old male who apparently suffered a case of food poisoning. I say apparently because no cause was ever discovered for the uncontrollable vomiting and diarrhea that lasted for a whole day and recurred briefly the following morning.

A trip to the emergency room involved many tests, but nothing turned up except a troponin level well over 0.04 ng/mL, which prompted an angiogram that didn't reveal any problems with my heart. What else might have caused my high troponin level? — *Anon.*

ANSWER: A troponin level is a standard blood test usually used to evaluate patients for heart attacks. However, newer, highly sensitive assays have proven that tiny levels of troponin may be detected in nearly everybody.

A level above 0.04 ng/mL is often used as the cutoff for the "normal" range, but depending on the assay and population studied, a few healthy people may have levels above this. People with heart attacks may have troponin levels in the hundreds or thousands. The higher the troponin level, the more muscle damage there is.

The fact that your coronary arteries don't show any blockages is very good news. Other types of heart damage may also cause a high troponin level, including inflammation of the heart (myocarditis) and heart failure. Also, critical illnesses can cause high troponin levels (at much higher levels than you may have had) in people who don't have heart blockages. (A median of 0.57 ng/mL was found in people with septic shock.)

I found a long list of reported causes behind elevated troponin levels, but gastroenteritis was not on the list. I suspect your body was working so hard to fight off the infection without enough fluid that your heart needed more

oxygen-carrying blood than it got, leading to tiny amounts of injury to the heart muscle despite normal heart arteries. You can lose a lot of fluid with vomiting and diarrhea, and people at age 77 don't have as much reserve as they did when they were younger.

DEAR DR. ROACH: I'm a 56-year-old male who never had the chicken pox. When the first of my children was born, I had blood tests done to see if I'd ever been exposed. I had not, so I received the chicken pox vaccine in case my children were to expose me.

Twenty-five years later, many friends and colleagues have either received the shingles vaccine or have had a shingles outbreak. My question to you is: Since I've never had chicken pox, do I still need the shingles vaccine? — *D.S.S.*

ANSWER: Yes, the shingles vaccine is still recommended. Shingles is a recurrence of the chicken pox virus. The vaccine you got was a live but weakened form of chicken pox. It has a lower risk of causing shingles than getting the actual chicken pox, but there is still a risk.

Shingles is so bad that the vaccine is absolutely worth it, in my opinion. Even people who have had the old one-shot vaccine (Zostrix), as well as those who don't recall having had chicken pox, should get the new two-dose vaccine (Shingrix), which is not a live virus. It's better to just get the vaccine than doing blood testing in people who don't recall getting chicken pox as a child.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

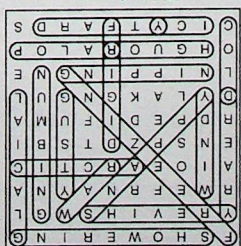
(c) 2024 North America Synd., Inc. All Rights Reserved

Puzzles4Kids

Answer

Frosted flakes.

Riddle Answer:



SENIOR NEWS LINE

by Matilda Charles

Play the Piano for Brain Health

I've been reading in too many places about taking steps to hold off memory and cognitive impairment, so I've paid attention to some of the ideas we can use to keep our brains active.

One idea that's been very enticing is playing the piano and using that as a protective factor against dementia and impairment.

When I began my hunt for a piano, I quickly realized that space would be a major consideration, never mind the expense of a real piano. However, there are smaller electronic pianos, and I bought one: a Yamaha Piaggino NP-12. I've placed it on a board between two two-drawer file cabinets to avoid the additional cost of the metal stand and seat. It only has 61 keys, rather than the standard 88, but it's enough and fits into the space I have and only weighs 11 lbs.

It's a great little piano even for those who've played before (it's touch sensitive, for those who know about these things). It has buttons to select between the sound of piano, electronic piano, organ, strings and harpsichord, with a built-in metronome and volume dial.

If you're interested in such a piano, hunt around the internet or call music stores in your area. Be sure to order the wall plug adapter as well, so you don't have to worry about batteries.

If you don't already play, consult YouTube online for beginner lessons for seniors on video. Ask at a music store, rec center or college music department about signing up for beginner lessons to get you started. If you don't have sheet music, look on the internet for free music you can print out (try pianosongdownload.com), or check garage sales or even the library.

Even if the first songs you learn are along the lines of "Mary Had A Little Lamb," it's a step in the right direction for brain health.

© 2024 King Features Synd., Inc.



1. Name the last album recorded by the Beatles.
2. What is Graceland?
3. Name the group that released the album "Sunflower."
4. Which artist wrote and released "Chelsea Morning"?
5. Name the song that contains this lyric: "I can't sleep at night, I toss and turn, Listening for the telephone. But when I get your call I'm all choked up."

Answers

1. "Let It Be," in 1970. It was their 12th album and was released shortly after they'd broken up. Included on the album were three songs recorded in their rooftop concert at the top of Apple Corp headquarters.
2. Graceland is the mansion owned by Elvis Presley, in Memphis, Tennessee. He purchased the 13.8-acre property for his parents in 1957, paying \$102,500. The property is still in Presley's family.
3. The Beach Boys, in 1970. It didn't sell well (only reaching 151 on the charts), but many people rank it as one of their best albums. It even appears on Rolling Stone's list of "500 Greatest Albums of All Time."
4. Judy Collins, in 1969.
5. "Every Little Step," by Bobby Brown in 1989. Brown netted his first Grammy in 1990 with this song for Best Male R&B Vocal Performance.

© 2024 King Features Syndicate

'Beauty And The Beast' The Musical At QHS March 15, 16, 22 & 23

The North Quincy High Drama Club is joining with the Quincy High Drama

Club for this year's musical production. The two clubs decided to join forces to perform Disney's "Beauty and the Beast."

Six performances are set over two weekends – March 15, March 16, March 22 and March 23 – at Quincy High School's Lloyd Hill Auditorium, 100 Coddington St.

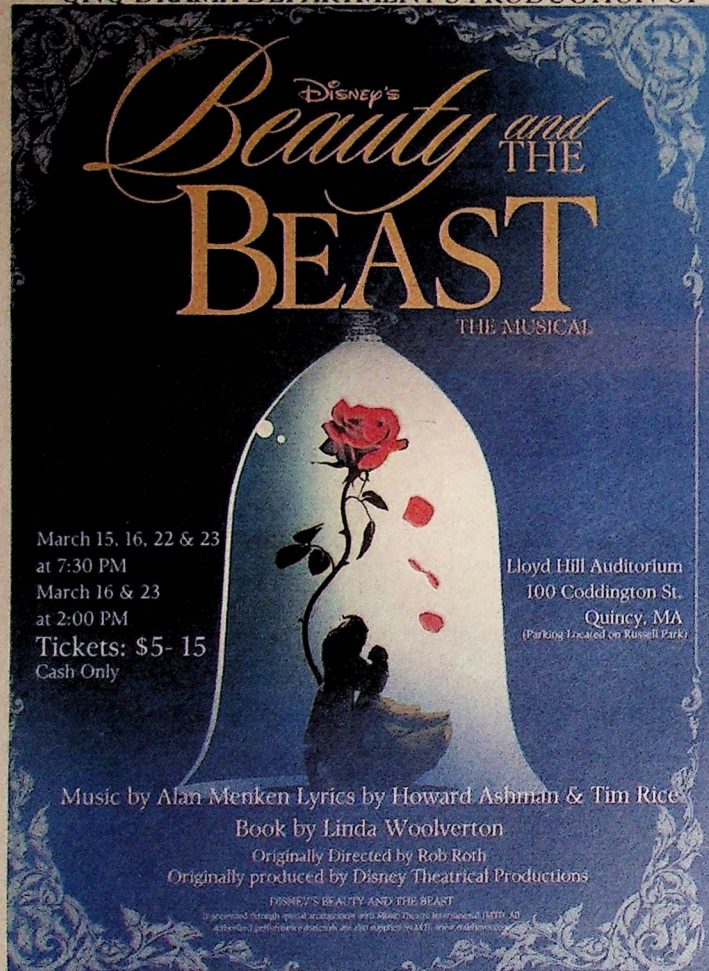
Show times are 7:30 p.m. on March 15, March 16, March 22 and March 23 and 2 p.m. on March 16 and March 23.

Over 70 students have combined their efforts in taking on a musical that re-energized Broadway in the early 90s. Students have

been working hard since last December memorizing lines, learning choreography and belting out audience favorites such as "Be Our Guest" and "Belle's Song."

Tickets will be sold at the door and prices range from \$5 for young children up to \$15 for general admission.

ONQ DRAMA DEPARTMENT'S PRODUCTION OF



Disney's Beauty and the Beast THE MUSICAL

March 15, 16, 22 & 23 at 7:30 PM
March 16 & 23 at 2:00 PM
Tickets: \$5- 15
Cash Only

Lloyd Hill Auditorium
100 Coddington St.
Quincy, MA
(Parking Located on Russell Park)

Music by Alan Menken Lyrics by Howard Ashman & Tim Rice
Book by Linda Woolverton
Originally Directed by Rob Roth
Originally produced by Disney Theatrical Productions

Disney's BEAUTY AND THE BEAST is a registered trademark and service mark of Disney Enterprises, Inc. All other trademarks are the property of their respective owners.

If you haven't noticed we're
REALLY GOOD
at this FITNESS thing....

44

YEARS IN BUSINESS.

We're Celebrating all Month Long!

Join Any Monthly or Yearly Membership and

Get One Month Free*

Available Only Until March 31, 2024.

fitnessunlimited
HEALTH CLUB FOR WOMEN

617-698-0260 | fitnessunlimited.com | 364 Granite Avenue, East Milton

*Expires 03/31/2024. Restrictions apply. See club for details.

**"Cronin's Pub, every
Irishman's dream"**
- The Boston Globe

**Cronin's
Publick House**

3-DAY EVENT

ST. PATRICK'S WEEKEND
THIS FRIDAY, SATURDAY & SUNDAY
IRISH ENTERTAINMENT & IRISH MENU



DJ Mark McGillicuddy

Playing all of your Irish Favorites

Friday at 4PM

Sunday at Noon

**DJ Bobby O'Sweetland
and DJ Rob Stewart**

SATURDAY:

Playing All Day & Night!



**"Pete" the
Connemara Pony**

**Sunday
at 3PM**



**Bagpiper
Isabelle Hogan**

**Saturday at 7PM
& Sunday at 4PM**

OUR DELICIOUS IRISH MENU SERVED FRI. - SUN.

- ✦ CORNED BEEF & CABBAGE DINNER
- ✦ IRISH ROASTED TURKEY DINNER
- ✦ CORNED BEEF SANDWICHES
- ✦ TURKEY SANDWICHES
- ✦ GUINNESS BEEF STEW
- ✦ MRS. CRONIN'S HOMEMADE IRISH BREAD AND MORE



Cronin's Publick House
23 DesMoines Road, Quincy Point

(Between the Shipyard and
1000 Southern Artery Senior Center)

617-786-9804

www.steaktips.com



PUB QUIZ: Mondays 7PM

Patio - 12 HDTV's - Touchtunes